Reuben Hoar Library Littleton
3 9965 00244 186 2

AND WE'RE BACK

CLASS OF 2023

6/23T

REUBEN HOAR LIBRARY
Littleton, MA

The 2023 Littleton High School yearbook is dedicated to:

The Class 2023 Advisors: Mrs. Bearden & Mrs. Moore

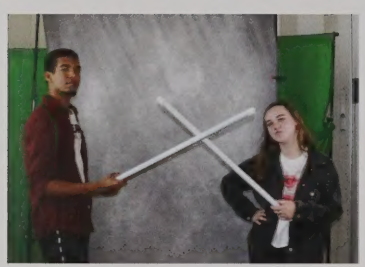
We'll Miss You!

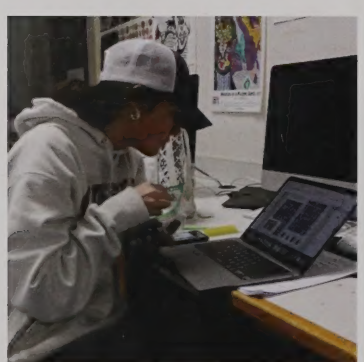
Ms. Allison
French

Mr. Foustoukos
History

Ms. Harvey
History

AND WE'RE BACK!!!





It's tough to believe that it's taken three years to finally return to a "normal" school year. That's right, WE'RE BACK!

We can finally shed our masks, play sports without restrictions, step away from computer screens, and breathe a sigh of relief! Sure things aren't 100% back to the way they were pre-pandemic, but they're pretty darn close and it feels good!

We hope you enjoy the work that went into documenting this truly unique year and the creation of this yearbook!

Your LHS Yearbook Staff:

Emma Cvitkovich
Alex Delorenzo
Mark Frisoli
Emily Mizzoni
Cam Noyes
Shea O'Brien
Kaylin O'Meara
Abby Pandolfo
Kallie Ramistella
Aidan Sakota
Dev Sappal
Sheilagh Senecal
Zach Slavinsky
Tim Sturtz
Jaime Sundberg
Max Thouy
John Woodward

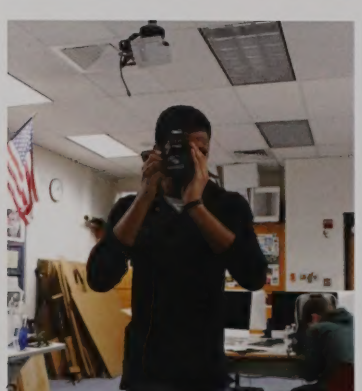


Table of Contents

Dedication...	1
Table of Contents...	2
Faculty Section...	4-7
Senior Section...	8-47
Grades 9-11...	48-61
Fall...	62-89
Winter...	60-113
Spring...	114-139
Parents Corner...	140-156

FACULTY

Dr. Harrington
Principal

Dr. Clenchy
Superintendent

Mr. Comeau
Vice Principal

Mrs. Abate
Mr. Allen
Mrs. Allison
Mr. Arnold
Ms. Backman
Mrs Ballard

Ms. Barry
Mrs. Bearden
Ms. Benson
Ms. Benullo
Ms. Berlinger
Mr. Blom

Ms. Bridge
Mr. Cabral
Ms. Cegalis
Mr. Christy
Ms. Croteau
Mr. DeCoste

Ms. Devogel
Ms. Dionne
Señorita Duffy
Mr. Eldredge
Archie Elmore
Ms. Elmore

Mr. Fernandez
Ms. Feudo
Sooki Feudo
Dr. Finnerty
Mr. Foustoukos
Mr. Gillen

Señora Gillen
Ms. Gilmore
Ms. Hadley
Ms. Harvey
Ms. He
Mr. Hickman

Ms. Hirth
Mr. Hirtle
Ms. Hossfeld
Detective Janakos
Ms. Kelley
Ms. Kelly

Mrs. Kern
Mr. Konz
Ms. Landfors
Mr. Lynn
Ms. Marsh
Ms. Mayo

Ms. McCook
Officer Megan
Dr. Michaud
Ms. Mirabella
Lord Miskinis
Ms. Moore

Mr. Orzech
Mr. Pascucci
Ms. Perry
Nurse Porell
Mrs. Rego
Mr. Smithlin

Mrs. Solomonides
Ms. Steele
Mr. Tombeno
Dr. Turner
Mr. Walsh

What's the best excuse you've heard from a student for not submitting homework?

"My car was stolen and my homework was in it."

Mrs. Abate

"My car caught on fire."

Mrs. Bearden

"My nephew took and ripped up my homework."

Mr. DeCoste

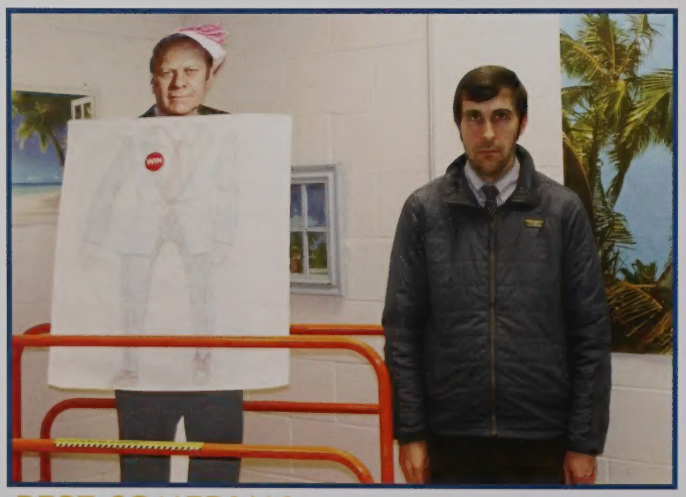
"My dog ate it."

Ms. Elmore

FACULTY SUPERLATIVES

BEST CAR:
Mr. Christy *(Runner up: Lord Miskinis)*

MOST LIKELY TO FRIEND YOU ON SOCIAL MEDIA: Senorita Duffy
(Runner up: Mr. O'Neil)

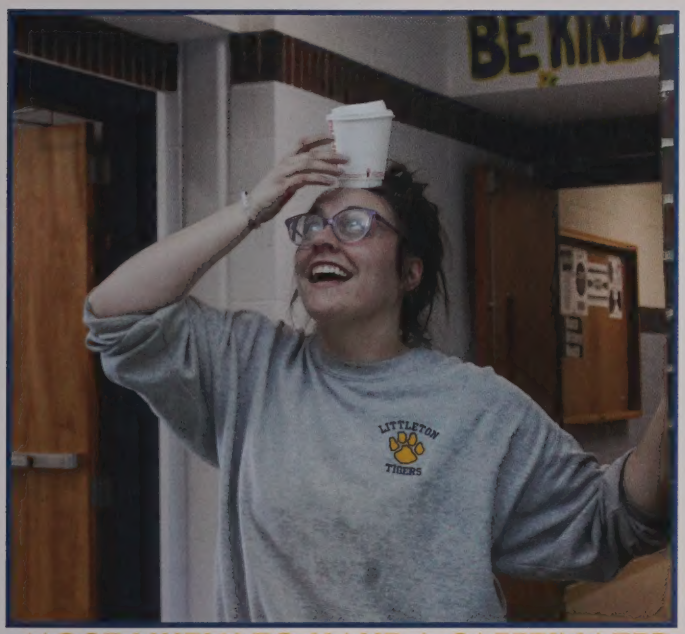


BEST COMEDIAN:
Lord Miskinis *(Runner up: Mr. Pascucci)*

BEST DRIP:
Ms. Barry *(Runner up: Mr. Gillen)*

HARDEST CLASS:
AP Calc with Ms. Elmore
(Runner up: Physics with Mr. Michaud)

MOST APPROACHABLE:
Ms. Berlinger *(Runner up: Mr. Blom)*



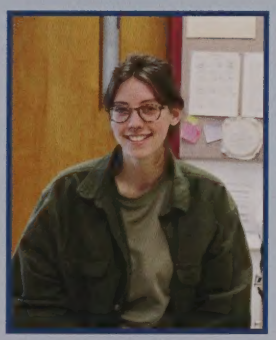
MOST LIKELY TO HAVE A CAFFEINATED DRINK IN HAND: Senorita Duffy
(Runner up: Mr. Tombeno)

MOST LIKELY TO TAKE YOUR PHONE:
Mr. Foustoukos *(Runners up: Lord Miskinis & Dr. Backman)*

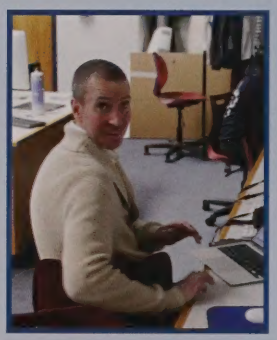
Did you Know?

***Mrs. Feudo** was the General Contractor for her own house!*

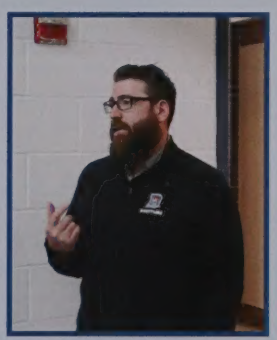
***Señora Gillen** lived in Argentina for six months!*



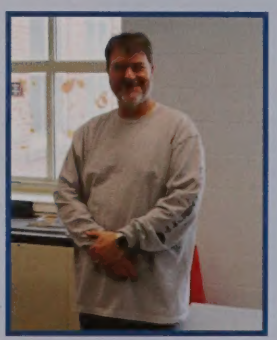
*One of **Ms. Steele's** favorite hobbies is slacklining!*



***Mr. Orzech** owns over 1,000 records, and has been collecting vinyl since he was 15!*



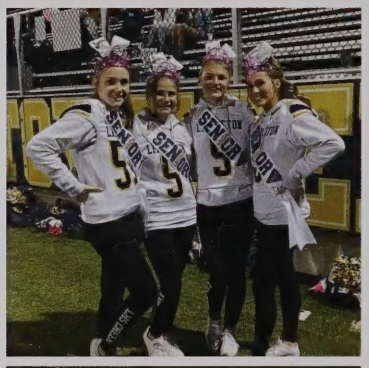
***Mr. Eldredge** helped to train Jon Jones (The UFC fighter)!*

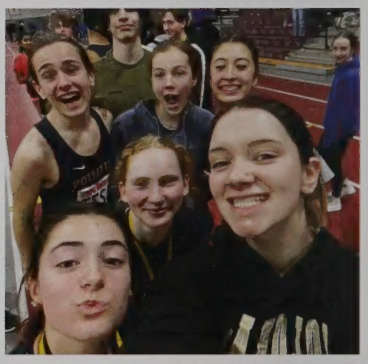


***Mr. Blom** has won two gold medals for paintballing!*

SENIORS

Class of 2023





Meet the Class Officers

Arav Arora (Class President), Niall Copp (Vice President), Amy Proulx (Secretary), & Luke Laferty (Treasurer)

Dear Fellow Graduates,

As our time together as a class comes to an end, I want to take a moment to reflect on the incredible journey we have been on over the past four years. We faced challenges that we never could have imagined when we first entered LHS, but through it all, we have remained resilient and focused on our goals.

I am so proud of each and every one of you for your perseverance and strength. We have shown that we are leaders and trailblazers in our own right, whether through winning state championships, immersing ourselves in various clubs/activities, or using our platforms to spread messages of hope and inspiration.

But it's not just the big moments that make our class special. It's the everyday acts of kindness, perseverance, and determination that have brought us to this point. We supported one another through challenging Backman tests, unexpected online school, and the vexing college admissions process.

As we move on to the next chapter of our lives, let us go forward with confidence, knowing that we are capable of achieving great things. We have demonstrated a dedication to leave a lasting impact on this world, and there is no doubt that we will continue to do so.

I am honored to have served as your class president, and I am thankful for everyone's continued support in executing spirit week hallways, planning junior prom, and raising money for fundraisers. We are proud to say we've raised the most money in school history, and this wouldn't be possible without everyone's assistance!

Congratulations on all that you have achieved, and best of luck as you embark on your next adventure!

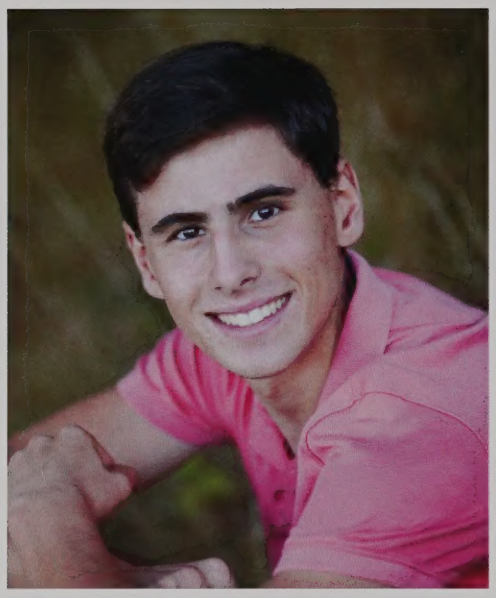
Sincerely,
Arav Arora

P.S.: Special thanks to the Proulx siblings and Kaylin O'Meara for their dedication planning the Spirit Week Hallways each year!

P.P.S: Thanks to Ms. He, Mr. Christy, and Mrs. Barry for helping us maneuver the college admissions process and draft killer application essays!

Yavier Aponte Rodriguez

"Finally."



Jacob Arimento

"Success is not final, failure is not fatal: it is the courage to continue that counts."
- Winston Churchill

Activities:
Working on Cars, Tennis, Racing

Arav Arora

"If you're afraid to fail, then you're probably going to fail."
- Kobe Bryant

Activities:
Class President, Soccer, Indoor Track, Environmental Club, Fantasy Football Winner 2021

Jax Baker

"Don't leave your wenis exposed."

Activities:
Theater, GSA, Soccer

Nicole Balzotti

"We have to dance it out, that's how we finish."
- Cristina Yang, Grey's Anatomy

Activities:
Competitive Dance, NHS, Spanish Club

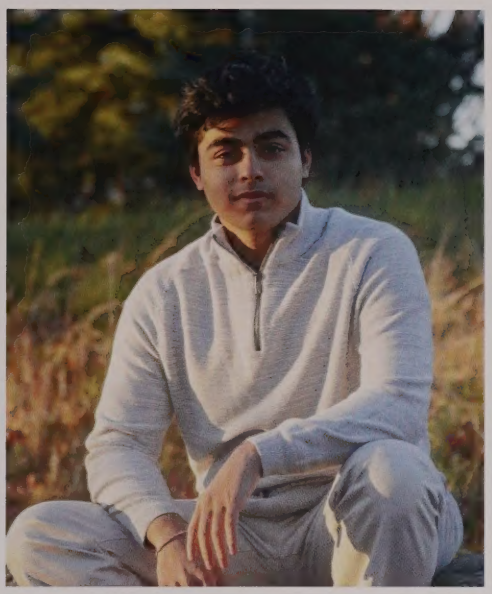
Lindsey Barbella

"I don't know what my senior quote should be."

Brian Beltrami

"Taco Bell is for winners, and YOU aren't winners."
- Coach Orzech

Activities:
Varsity eSports Captain, LHS Drama
Boy Scouts, Latin Club Consul



Sairaj Bhat

"I'm a doctor, but I'm running out of patience."

Activities:
DECA, LHS Environmental, Tennis

Sofia Black

"Agriculture is our wisest pursuit, because it will in the end contribute most to real wealth, good morals, and happiness."
- Thomas Jefferson

Activities:
4H, NHS, Martial arts

Dean Blake

"Great moments are born from great opportunity, and that's what I've been given."

Activities:
Hockey, Golf

Hannah Bottego

"It's going to be tough but I'm determined to do it."
- Roald Dahl (Matilda)

Activities:
Soccer, Theater

Isabella Burba

"Your future is only as good as the work you put into it."

Activities:
Lacrosse

Ella Byrne-Cabot

"It builds character."

Activities:
Drama, LHPress, Latin Club

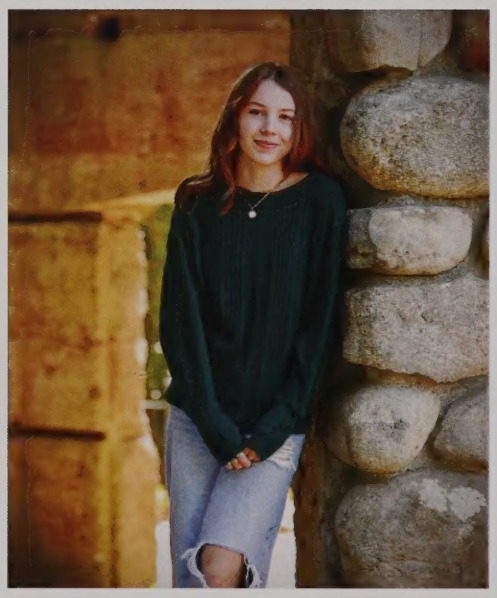
Monty Cadwallader

"i had some pickle juice today. dreamt about pickles last night. when i woke up i asked for pickle juice. tasted great. you should really try it sometime."
- grandpa paul

Evan Cherry

Sara Choumach

"Kindness is a gift.
Pass it on."



Kaylyn Cleary

"It isn't what we say or think that defines us, but what we do."
- Jane Austen, Sense and Sensibility

Activities:
Cross-country, Hijinks Master, Indoor Track, Outdoor Track, Student Council

Niall Copp

"I don't need a watch,
the time is now or never."

Activities:
Soccer, Track, Class Vice President, Basket Weaving, Rocket League World Champion, Premier League Golden Boot, Fortnite World Cup U15 Champion (2022), Best Hair 2008, World's Strongest Man 1987

Chloe Corrow

"Blow, out."

Activities:
NHS, Track and field, Peer leaders, Gym rat, Sound Machine, Female Manipulator, Winner of HORSE against Kaylin O'Meara

Erin Coykendall

"No such thing as a life that's better than yours (love yourz)."
- J Cole

Activities:
Environmental Club, Tennis, Pro Billards

Mary Crowley

"Heart emoji."

Activities:
Theatre, Dance, NHS, Spanish Club

Madelyn Cusano

"I don't always graduate, but when I do, I barely graduate."

Activities:
National Honors Society, Field Hockey, Humanitarian Club

Emma Cvitkovich

"We're adults. When did that happen? And how do we make it stop?"
- Meredith Grey

Activities:
Cheerleading, Softball

Catherine Danforth

"My sanity can be equated to finding a needle in a haystack."

Activities:
Art Club, Spanish Club, Science Olympiad

Gregory DeChane

"If you can't win, cheat.
If you can't cheat, quit."

Activities:
Football, Lacrosse

Brady DeCoste

"It is what it is."

Activities:
Football, Lacrosse

Alexander Delorenzo

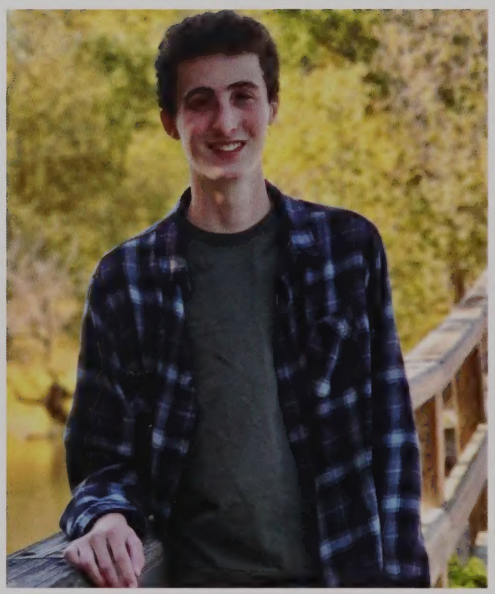
"Drive fast, take chances."

Activities:
Football, Lacrosse

Julia DiNoia

"And the universe said I love you."

Activities:
Tennis, GSA



Aiden Doyle

"If you're committed enough,
you can make any story work."
- Saul Goodman

Activities:
Track and Field, Pro Billards

Tyler Edwards

"You know it's real when you
are who you think you are."
- Drake & JAY Z

Activities:
Hockey, LHS DECA, Environmental Club

John Feltus

"Rarely is the question asked:
Is our children learning?"
- George Bush, January 11th, 2000

Activities:
Cross Country, Indoor Track, Outdoor Track, Student Representative, Environmental Club, Dollar Tree Employee

Kate Ferreira

"Step from the road to the sea to the sky. And I do believe that we rely on."
- RHCP

Activities:
Tennis, Swim, Soccer, NHS

Patrick Ferreira

"This is not a bad life."

Activities:
Football, Track

Isabelle Field

"My family's only rule is don't embarrass mom and that about covers everything."

Activities:
Hockey, Field Hockey, NHS, Latin Club

Jack Fornicola

"If we don't succeed,
we run the risk of failure."
- Dan Quayle

Activities:
NHS, Band

ANONYMOUS CONFESSIONS

MY PARENTS WOULD KILL ME IF THEY KNEW...

"I have their credit card on my phone."

"I've skipped a LOT more classes than they know."

"I haven't been to a full week of class in months."

Rachael Friedman

"Just follow your heart and keep smiling."
- Kiki's Delivery Service

Activities:
Indoor Track & Field, Outdoor Track & Field, Cross Country

Mark Frisoli

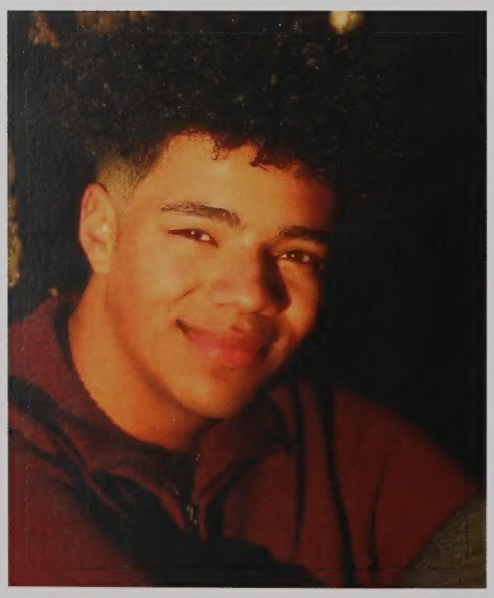
"Who do you think you are I am."

Activities:
Football, Basketball, Reading Poetry, Bobsled

Ryan Graf

"When you come to a fork in the road, take it."
- Yogi Berra

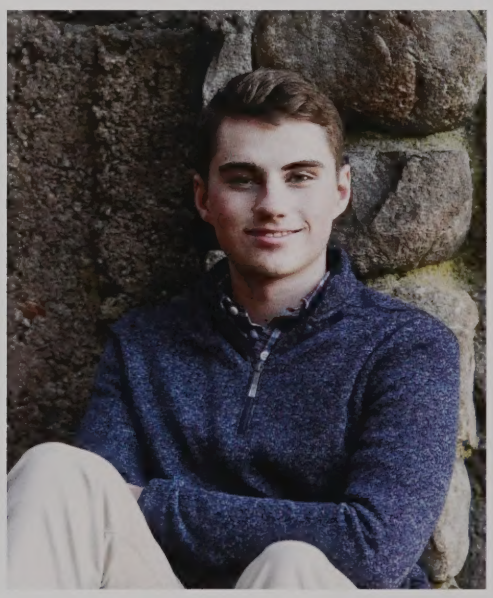
Activities:
Baseball, Golf, NHS



Jordan Graham

"Can't compete where you don't compare ;)"

Activities:
Being Hot



Andrew Gray

"Put the damn skis on and go like hell."

Activities:
Baseball, Ski Team, LPAC

Natalie Gukasova

"Thank god for quizlet and Command C."

Activities:
Lab Tech, Phlebotomy Student

Calista Gumuchian

"I love fall."
- Calvin and Hobbes

Activities:
Latin Club Consul, Drama Club Executive Board Member

Hannah Hoenshell

"My momma always said life was like a box of chocolates. You never know what you're gonna get."
- Forrest Gump, 1994

Activities:
Cheerleading, Lacrosse, National Honor Society

Courtney Houde

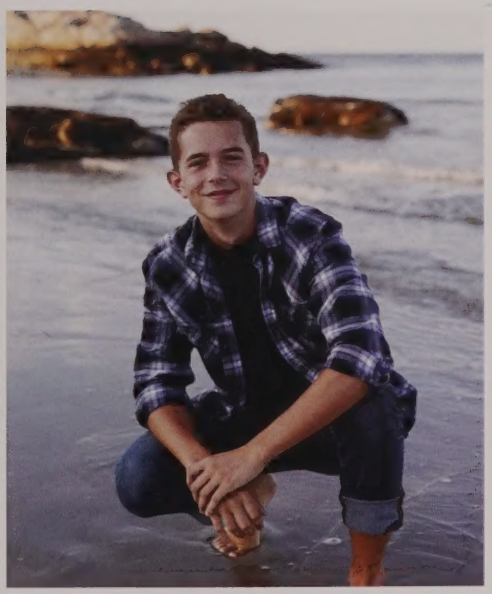
"In copy and paste we trust."

Activities:
LHS Varsity Cheerleading

Timothy Jean

"Feeling young but they treat me like the OG."
- Greg DeChane

Activities:
Soccer, Fortnite



Benjamin Kane

"The best way to find yourself is to lose yourself in the service of others."
-Mahatma Gandhi

Activities:
Soccer, LHS Drama, Jazz Band, NHS, Boy Scouts, Programming Club

Thomas Kazanjian

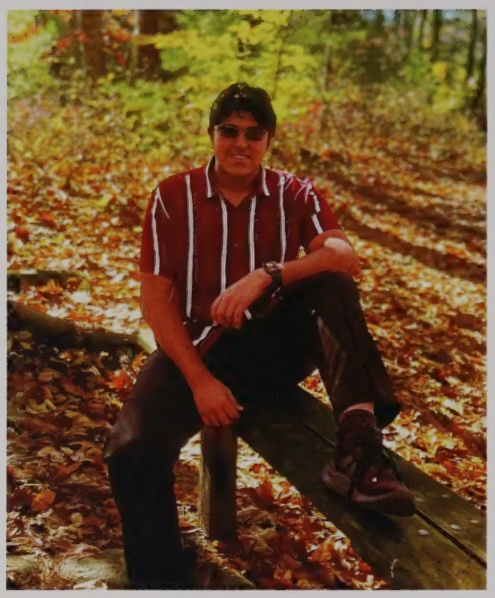
"Real eyes realize real eyes."

Activities:
Football, Basketball, Men's League

Jenna Kivlin

"Are you a girl or a football player?"

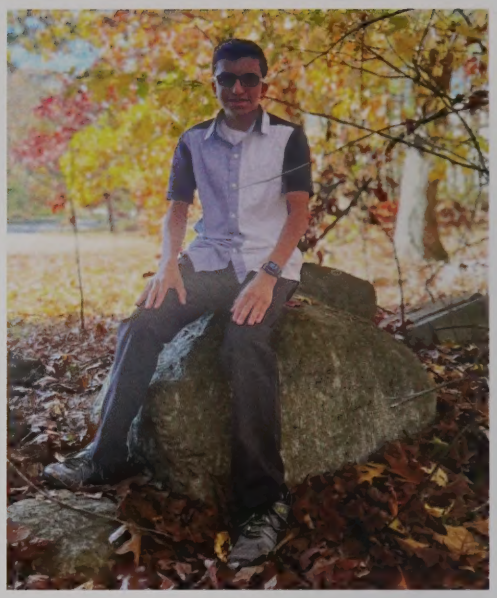
Activities:
NHS, Football, CrossFit, Humanitarian Club, Latin Club



Aryan Kulkarni

"If you think you are at the top, then you are comparing yourself with the wrong group of people."

Activities:
Robotics, Environmental Club, Tiger Tech, Programming Club, NHS



Ayush Kulkarni

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

Activities:
Robotics, Mathnasium Instructor, LHS Environmental Club, & Biking

Luke Laferty

"Sometimes you eat the bear, and sometimes the bear eats you."

Activities:
Class Treasurer, Golf, Lacrosse

William Lizek

"Don't live someone else's dream, find your own."

Activities:
Baseball

Connor MacNeil

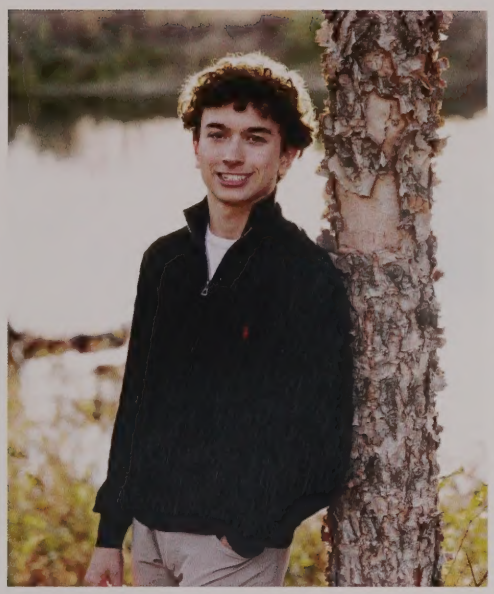
"We're all going to die, not all of us can make a difference."

Activities:
Football, Lacrosse

Owen MacNeill

"All we have to decide is what to do with the time given us."
- J.R.R. Tolkien

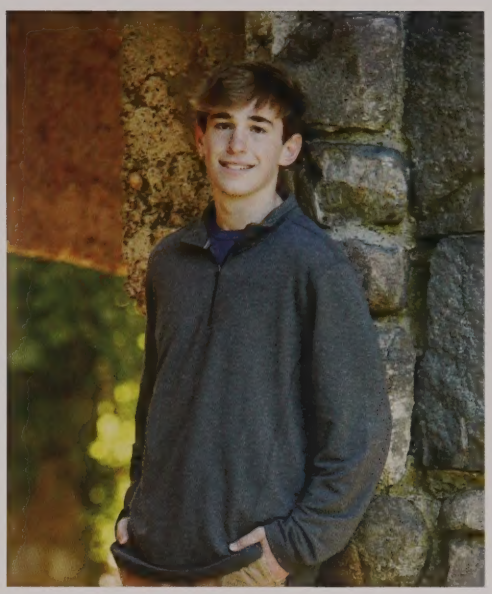
Activities:
Jazz Band, NHS



Justin Manno

"Top 2 and not 2."

Activities:
Basketball, Football, Lacrosse NHS, Beating Cront in 2k, Sunday Golfer



Brian Marrese

"Stay on course." (This isn't about golf)

Activities:
Sunday Golfer, Football, Lacrosse, Basketball

Charles Martin

"Don't let your friends become memories."

Activities:
Soccer, Track

Neve Martin

"Not my monkeys, not my circus."

Activities:
Soccer, Ski Team, Lacrosse, Spanish Club, NHS

Mav McCabe

"Jesus died for time-in-a-half on Sundays"
- J. Feltus

Activities:
Being Funky Fresh

Katherine McDonagh

"Everyone discusses art and pretends to understand, as if it were necessary to understand, when it is simply necessary to love."
- Claude Monet

Activities:
Artist, LHPress Journalist, Soccer, Latin

Lindsey McDonald

"'May you always feel at home, even though you're far away."
- Harper's Blessing

Activities:
Swim Team/Captain, Tennis, Theater, NHS

Kiera Miglani

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."
- Ferris Bueller

Activities:
Lacrosse, Alpine Skiing, NHS, French Club

Emily Mizzoni

"If you always think your happiness is somewhere else, it will never be where you are."

Activities:
Soccer, Lacrosse, Basketball, NHS

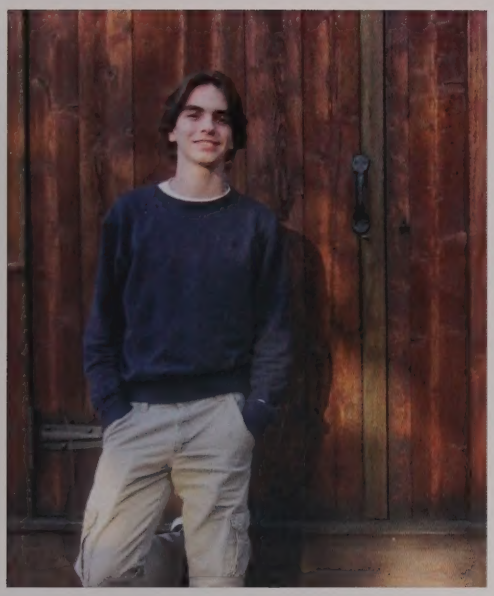
Evan Montgomery

"Get pissed, Stay pissed."

Activities:
Football, Baseball, Mens League, Sunday Golfer

Okocha Nasky

"The future belongs to those who believe in the beauty of their dreams."



Paul Neary

"I hate Pythagoras."

Activities:
Indoor & Outdoor Track

Jay Nordahl

"Despite everything it's still you."
- Toby Fox

Activities:
Drama

Cameron Noyes

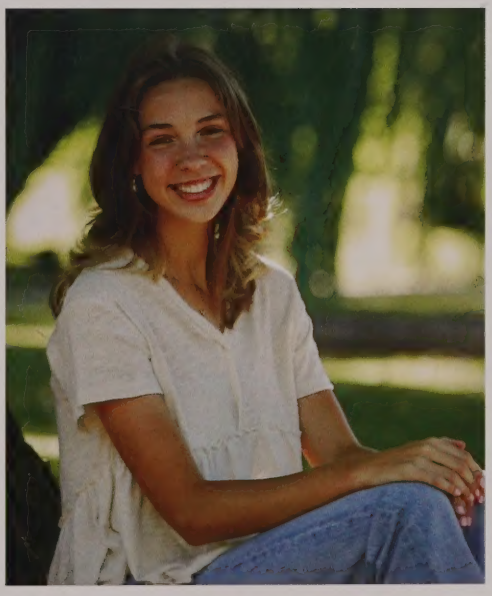
"Takes a couple L's to spell a million."

Activities:
Lacrosse, Mens League

Shea O'Brien

"No matter what happens in life, be good to people, being good is such a wonderful legacy to leave behind."
- Taylor Swift

Activities:
Lacrosse, NHS



Kaylin O'Meara

"Ad astra per aspera."

Activities:
Soccer, Basketball, LHS Drama, NHS, Latin Club

Elizabeth O'Neill

"This is why I don't leave the house."
- Paramore

Activities:
Theatre, Dance

Connor Orton

"Impossible is a word to be found only in the dictionary of fools."
- *Napoleon Bonaparte*

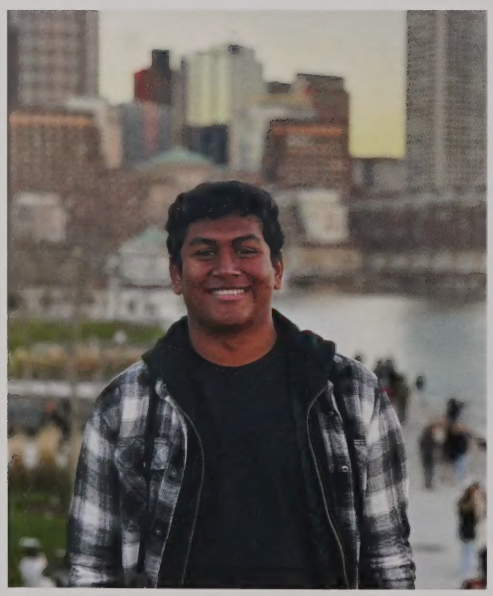
Charly Painter

"Sometime life is like this dark tunnel. You can't always see the light at the end of the tunnel. But if you keep moving you will come to a better place."
- *Uncle Iroh*

Activities:
Indoor Track & Field, Outdoor Track & Field, Cross Country

Abigail Pandolfo

"If you're going to be late, might as well grab Starbucks and make it worth it."



Yaksh Patel

"People do not decide their futures. They decide their habits & their habits decide their futures."

Ava Pittorino

"We can't be all we want in this small town."
- *David Kushner*

Activities:
Varsity Soccer, National Honors Society, Humanitarian Club

Nikhil Pratapagiri

"If something stands between you and your success, move it. Never be denied."
- *Dwayne "The Rock" Johnson*

Activities:
Environmental Club, NHS, Fantasy Football Winner 2020, Programming Club, Tiger Tech

Nicholas Protasowicki

"No… it's Pro tas so wicki."

Amy Proulx

"We don't really know where this goes - and I'm not sure we really care."
-Bob Ross

Activities:
Student Government, NHS, Jazz Band, Soccer, Indoor and Outdoor Track

Erin Proulx

"Wait…I thought we were doing a quote together."

Activities:
Soccer, Track and Field, NHS, Jazz Band

Declan Reidy

"Stupidity is the highest form of intelligence."
- Owen MacNeill

Activities:
Kung-fu, Theater, Volunteering, NHS, Latin Club, Esports, Debate Club, Singing

Nathan Richard

"Sometimes, you have to let it go. But of the things you let go, you'd be surprised what makes its way back to you."

Amelia Rogers

"Nice knowing ya."

Maya Ruel

"This was the very first page, not where the story line ends."
-Taylor Swift

Activities:
Softball, Field Hockey, Environmental Club, NHS, Student Council

Allison Ryan

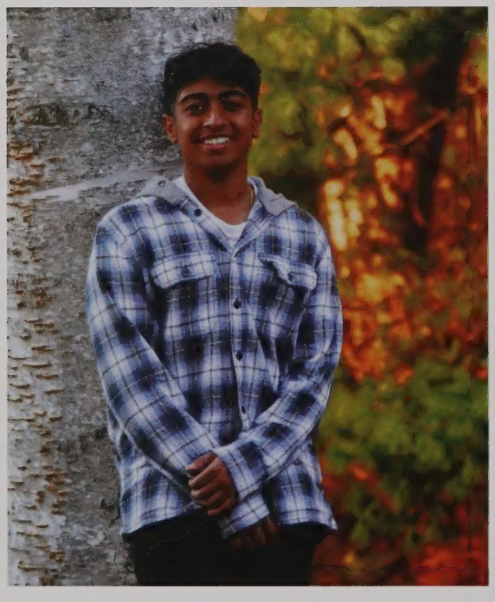
"Growing older, but not up."

Activities:
Soccer

Aidan Sakota

"If you quit once it becomes a habit. Never quit!"
- Michael Jordan

Activities:
Soccer



Dev Sappal

"Safe to say the kid getting older."
- Lil Baby

Activities:
Golf, Soccer, 2023 Nitroball Champion

Prianka Sarathy

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."
- Ferris Bueller

Activities:
Hobby Jogger

Nina Scaramucci

"I've never been a natural, all I do is try, try, try."
- Taylor Swift

Activities:
Gymnastics, NHS, Latin Club

Sheilagh Senecal

"Thank God for Adderall!"

Activities:
NHS, Cheerleading, Student Council, Favorite Child

Vedanta Sharma

"Real g's move in silence like lasagna."

Activities:
DECA, Environmental Club, Tennis, Nobel Prize Recipient (2021)

Madeline Shea

"Cougar 4 Life."

Activities:
Varsity Crew, Silly Prankster, Robotics, NHS

Zachary Slavinsky

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."
- Michael Jordan

Activities:
Soccer, NHS, Fantasy Football Winner 2022

Maxwell Smith

"Now I may be an idiot, but there's one thing I am not, sir, and that, sir, is an idiot."
- Peter Griffin

Activities:
Varsity Basketball, Humanitarian Club, NHS

Simon Smith

"Enough."
- Owen MacNeill

Anthony St. Gelais

"Heard he ballin part-time,
he on the bench."
- Polo G

Activities:
Baseball, Golf, 2023 Nitroball Champion

Timothy Sturtz

"If you got a dream, chase it
'Cause a dream won't chase you back."
- Cody Johnson

Activities:
Soccer, Lacrosse

Jaime Sundberg

"If you're a strong female, you
don't need permission."
- Lady Gaga

Activities:
NHS, Tennis, Goofy Girl, Spanish Club, Yearbook

Maxime Thouy

"They say give me liberty or give
me death. I gave my cat both."

Activities:
Track and Field

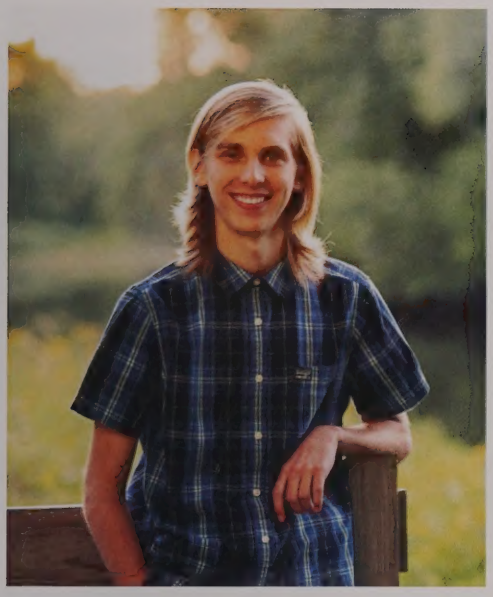
Cadance Tracy

"If you can't be the best version of
yourself, simply be the worst."
- Frank Gallagher

Activities:
Soccer, Indoor and Outdoor Track & Field, Lax?

Zachary Tucker

"Be grateful for the little things and
to get out of bed every morning
Don't get distracted by the evil
trying to bring you down
Be your best everyday only
you stops you!"



Owen Valle

"Deadlines are just suggestions."
- *Dr. Michaud*

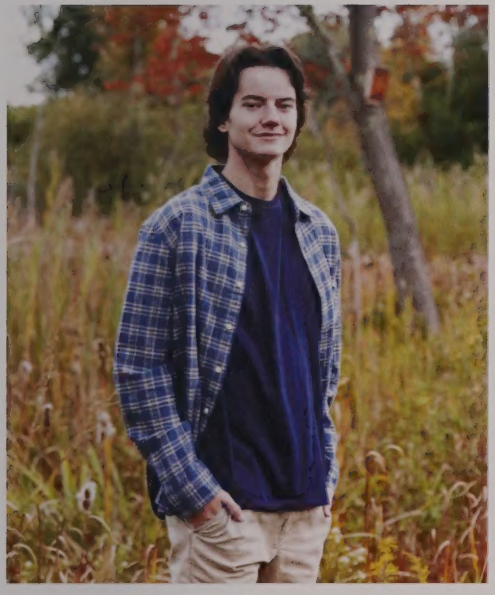
Activities:
Band, Boy Scouts, Donelans

Henry Wengal

"I'm a man of low risk
and high reward."

Heaven Whitener

"The clouds drop water,
I drop money on a plane ticket."



John Woodward

"Ooh, I been a fool but that's cool
That's what human beings do
Keep your eyes to the sky,
never glued to your shoes."
- *Mac*

Activities:
Football, Basketball, NHS, Men's League, Occasional Sunday Golfer, The Lake

ANONYMOUS CONFESSIONS

THE BEST EXCUSE I'VE USED FOR NOT COMPLETING AN ASSIGNMENT IS...

"Family emergency."

"My Wifi was down."

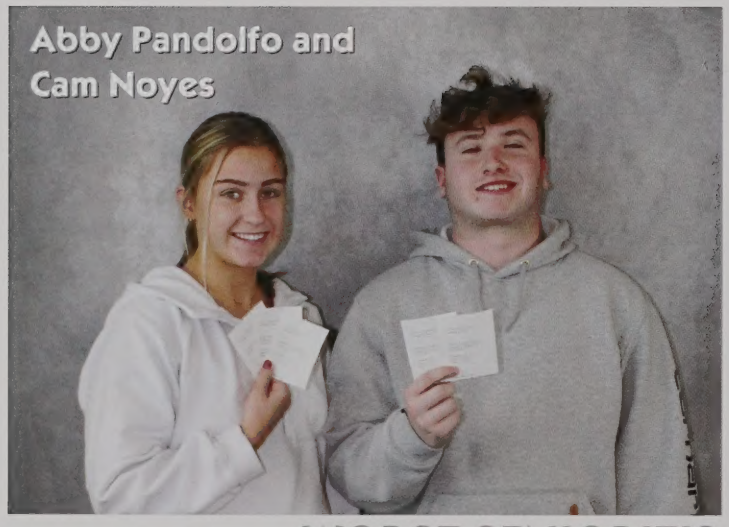
"Being in the hospital."

"No excuses, I just didn't do them."

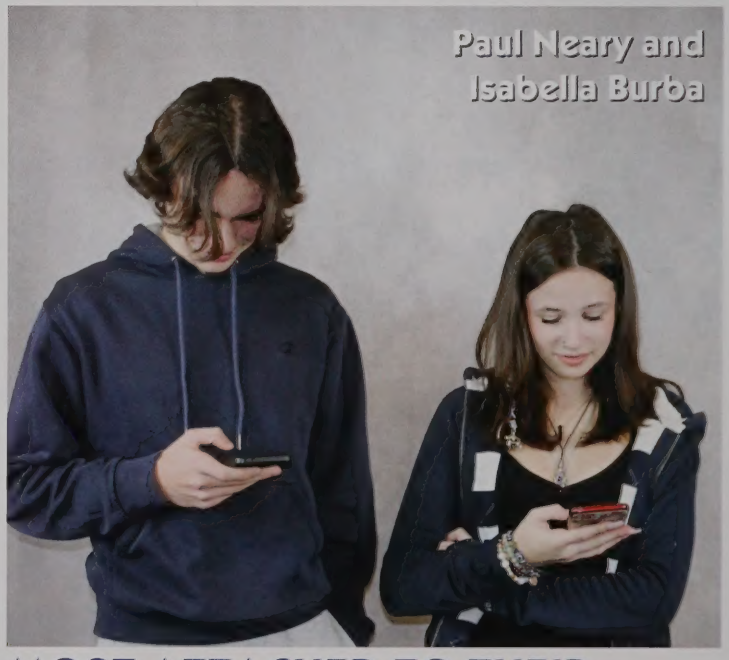
SENIOR SUPERLATIVES

BEST DRESSED

MOST LIKELY TO BRIGHTEN YOUR DAY

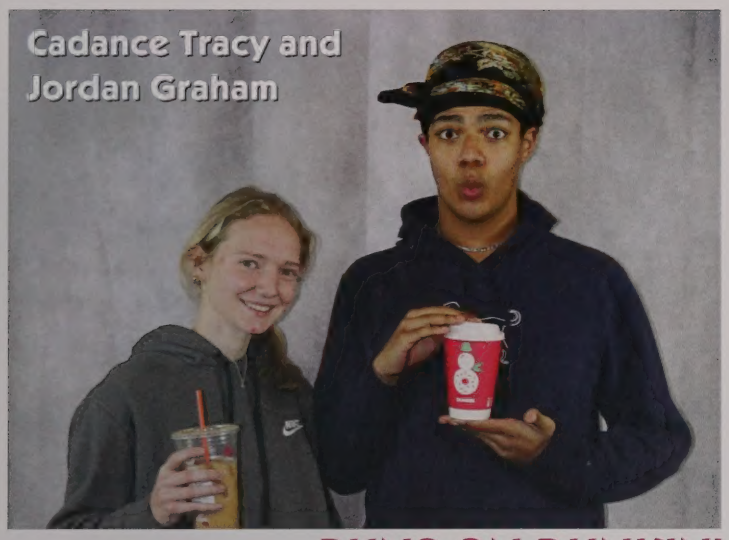


WORST SENIORITIS

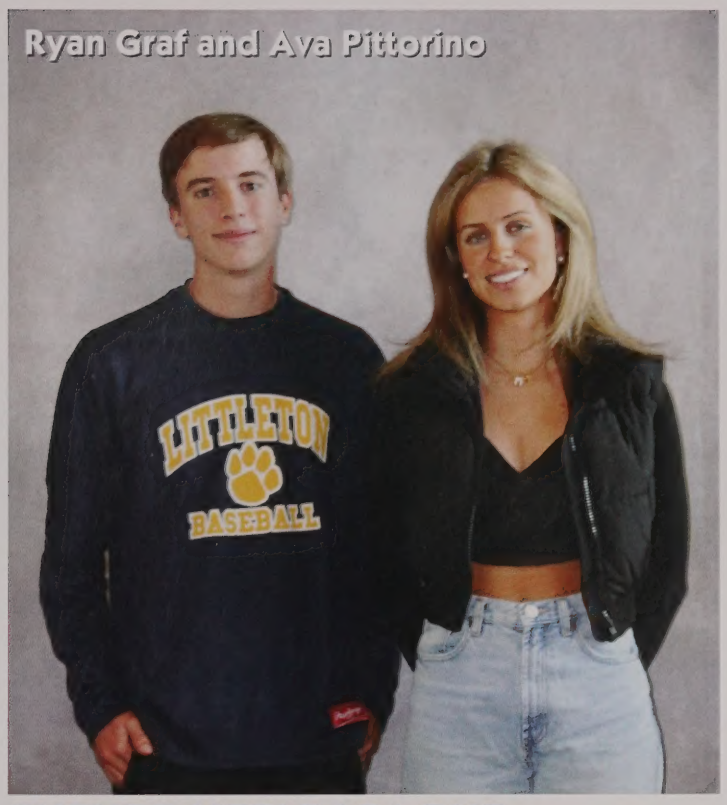


MOST ATTACHED TO THEIR PHONES

CLASS CLOWNS

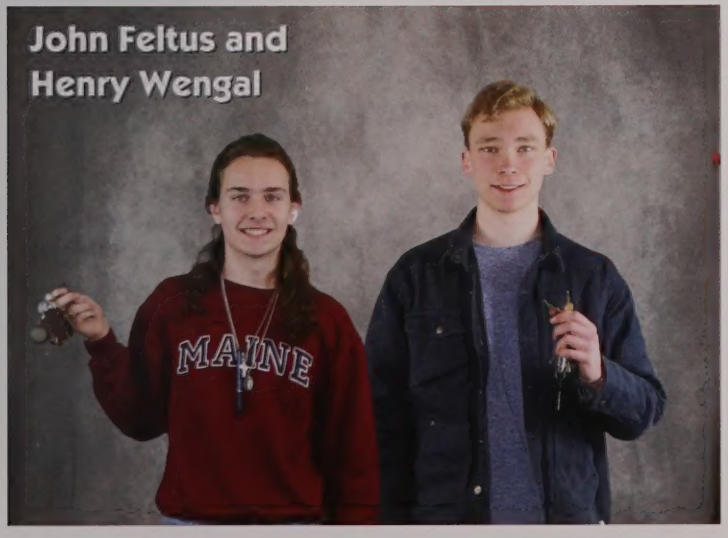


RUNS ON DUNKIN'



FUTURE LITTLE LEAGUE DAD/SOCCER MOM

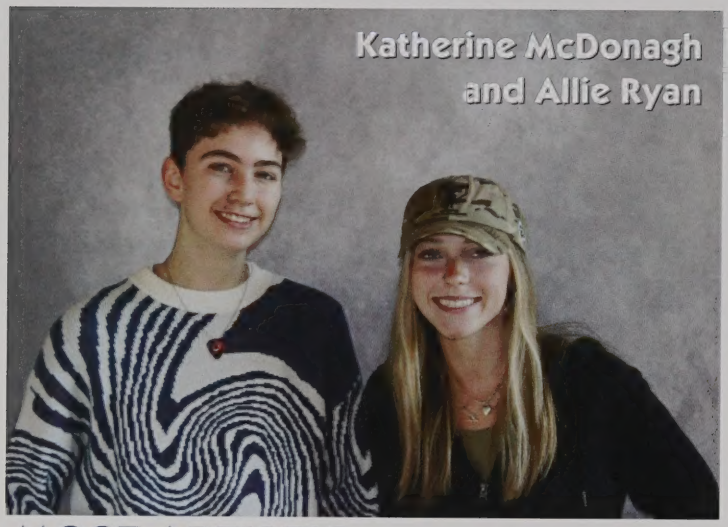
BEST PEOPLE TO BE TRAPPED ON A DESERT ISLAND WITH



BEST CAR

MOST LIKELY TO BE FAMOUS

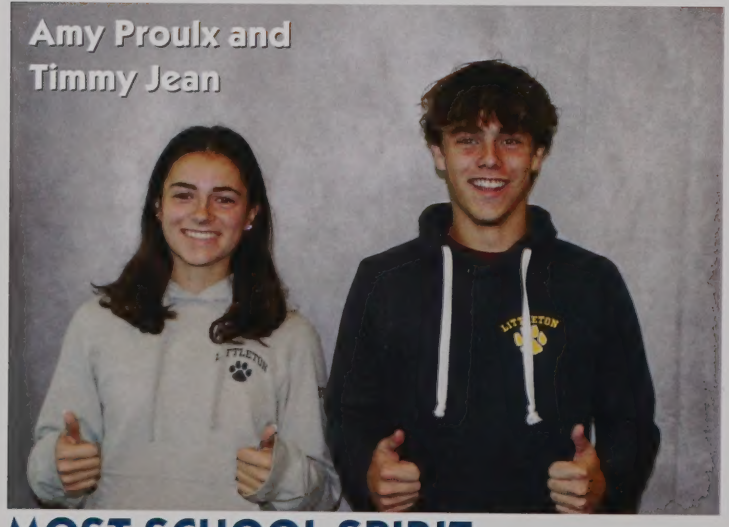
SENIOR SUPERLATIVES



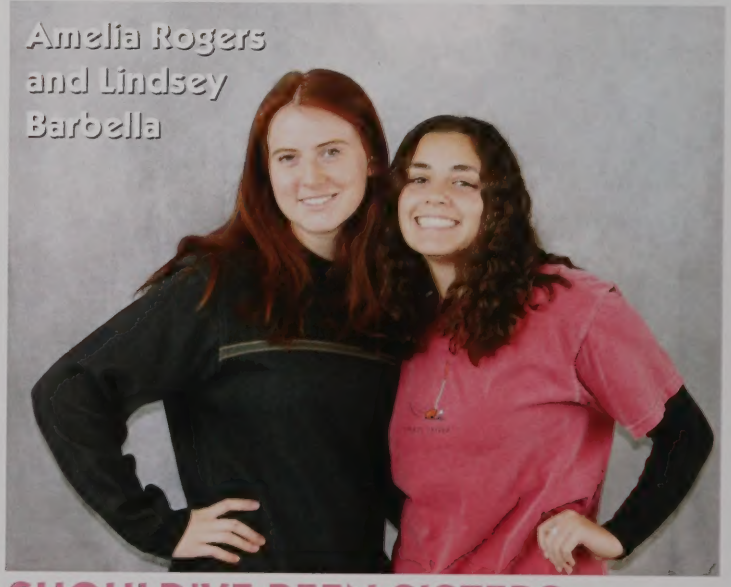
MOST ARTISTIC

BEST BROMANCE

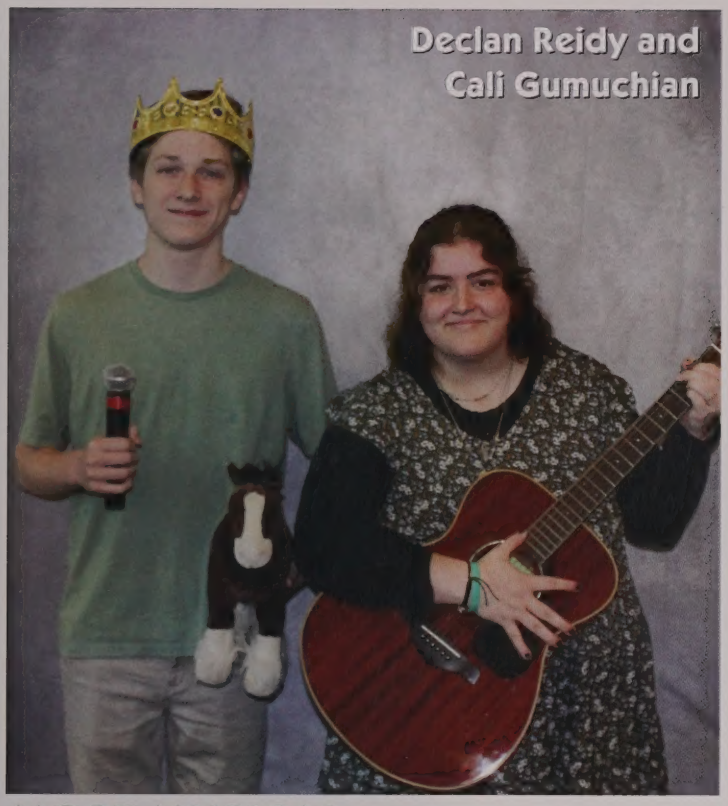
MOST ATHLETIC



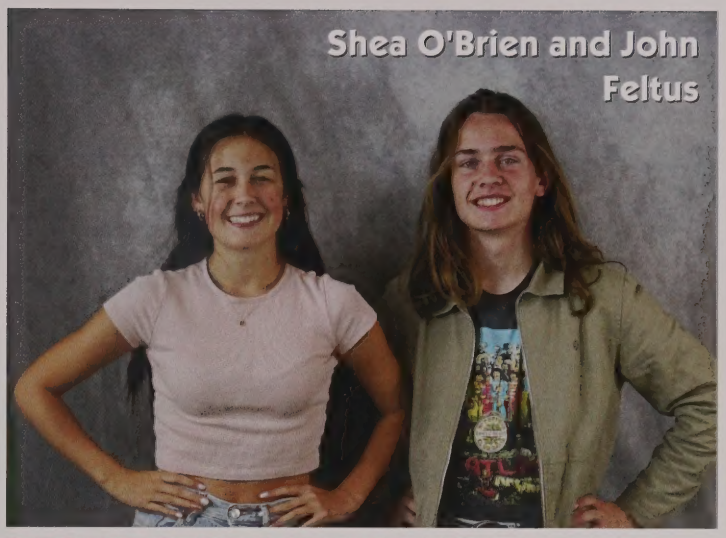
MOST SCHOOL SPIRIT



SHOULD'VE BEEN SISTERS



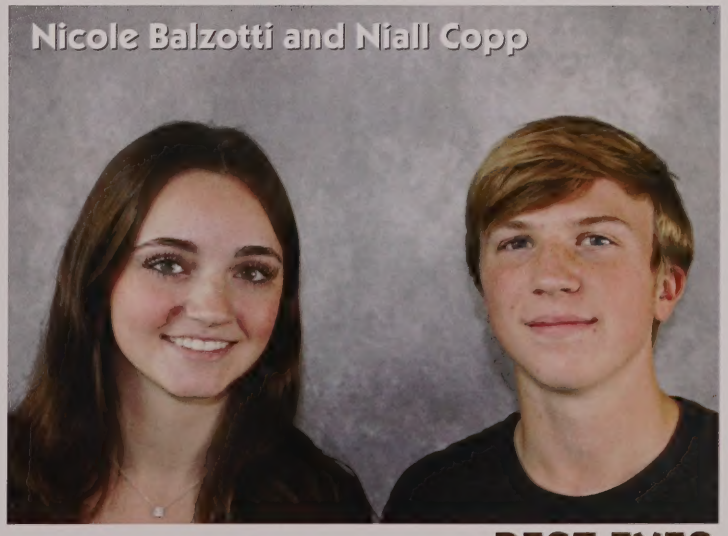
MOST MUSICAL



BEST TO BRING HOME TO MOM

BEST SMILE

MOST LIKELY TO SUCCEED



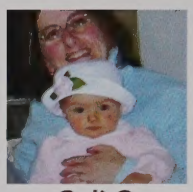
BEST EYES

Remember When...

Jacob Arimento - We had recess?
Arav Arora - Our soccer team had to "take a break" during a playoff game because of a bomb threat at Douglas High?
Jade Baker - I fell down the main staircase 3 times in freshman year?
Nicole Balzotti - Adam tried to teach us geometric proofs freshman year?
Brian Beltrami - We had to shelter in place cause the school was reeeeally stanky?
Sairaj Bhat - I showed up to school?
Sofia Black - I forgot?
Dean Blake - We booed Mrs.Temple off the stage?
Hannah Bottego - Beauty and the Beast was supposed to happen?
Isabella Burba - We hadn't had a normal year of school until our senior year?
Monty Cadwallader - Mr. Gibbai told me to go get hit by a trolley?
Kaylyn Cleary - I threw up in Mrs. Finnerty's eighth grade science class?
Niall Copp - I gave Tom Brady a half-time pep talk against Atlanta in the Super Bowl?
Chloe Corrow - My computer fell off my desk and broke in stats?
Mary Crowley - We got Mr. Hirtle to play Taylor Swift at Powderpuff?
Madelyn Cusano - I left school in an ambulance... twice actually?
Emma Cvitkovich - I pushed Natalie off a chair in math?
Catherine Danforth - In Spanish class I was about to get 1st place in Kahoot! for some extra credit but then my Internet on Google Meet went out so I couldn't see the options so I got 4th place instead? Besides that, all Kahoot! games were the peak of my high school.
Brady DeCoste- Mark sang wheels on the bus in the DC hotel shower?
Julia DiNoia - Piper went to our school?
Tyler Edwards - We had a freshman year? Me neither...
John Feltus - I got hit by that car?... cause I don't.
Kate Ferreira - We had ceramics?
Jack Fornicola - Ms. Sanford disappeared for the last few months of school?
Rachel Friedman - John crawled under the gazebo at Fay Park to find Kaylyn's necklace?
Mark Frisoli - My basement had ceiling tiles?
Ryan Graf - We somehow lost to Bromfield in baseball?
Courtney Houde- The 2023 in our email wasn't significant to us?
Timothy Jean - The downstairs bathroom had mirrors?
Benjamin Kane - I had to spin a massive peach in front of 200 people?
Thomas Kazanjian - We had mirrors in the bathroom?
Jenna Kivlin - Cadance copied the wrong homework freshman year in Stouks' class?
William Lizek - We had pep rallies?

Connor MacNeil - When the boys were playing tag every night?
Owen MacNeill - I was Mao Zedong in the APUSH simulation and I stood up ominously?
Brian Marrese - Greg got a swirly?
Charles Martin - We had a pep rally?
Neve Martin - Ellie punted a soccer ball into my face...twice?
Mav McCabe - Mr. Gibbai existed?
Lindsey McDonald - Sofia and I hated each other?
Kiera Miglani - Mr. Shoemaker threatened to hit people with his golf club?
Emily Mizzoni - Chloe pulled the chair out from John?
Evan Montgomery - Earth Science was an AP class?
Paul Neary - Our football team was good? Yeah neither do I.
Jay Nordahl - I had a good memory? Cause I sure don't.
Shea O'Brien - Allie fell asleep during the SATs?
Kaylin O'Meara - A.J. almost got hit by a car in Rome?
Elizabeth O'Neill - School was canceled for "just Friday"?
Ava Pittorino - Shea wiped out down my stairs before homecoming?
Nicholas Protasowicki - Our class boo'ed Mrs. Temple in 8th grade?
Amy Proulx - I peed my pants during the 3rd grade concert?
Declan Reidy - We got among us-themed Latin club shirts?
Nathan Richard - I had Strange UN going? And then Covid hit.
Maya Ruel - Mrs Hibbard made us run the mile in the rain and told us to use it as our remember when?
Dev Sappal - I got cut from the golf team?
Aidan Sakota - I broke my back?
Prianka Sarathy - Cytoplasm Adam taught geometry?
Nina Scaramucci - I cut my toe open at homecoming?
Sheilagh Senecal - My first pep rally?
Vedanta Sharma - I was in a wheelchair?
Madeline Shea - Dr. Michaud gave me a 10% on a final exam?
Zachary Slavinsky - Dev won a fantasy game?
Maxwell Smith - John and I went to all of the tennis matches just to get dunks?
Anthony St. Gelais - I hid $75,000 on the baseball field?
Timothy Sturtz - Walsh won the district final?
Jaime Sundberg When I wore skirts everyday, even to soccer?
Maxime Thouy - The school thought I was an intruder?
Cadance Tracy - Jenna gave me the wrong homework to copy in Stouks class? (Sorry Stouks!)
John Woodward - Niall Bryce Harper'd a rock at my neighbor's house?

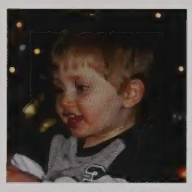
BABY PHOTOS


Cali G.

Dev S.

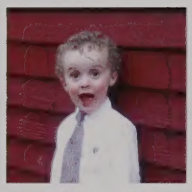
Aidan S.

Max S.


Jack F.

Will L.

Katherine M.


Aiden D.

Kate F.

Maya R.

Hannah B.

Owen V.

Lindsey M.

Jake A.

Ayush K.

Erin P.

Lindsey B.

Mary C.

Mark F.

Alex D.

Niall C.

Cam N.

John W.

Patrick F.

Jack F.

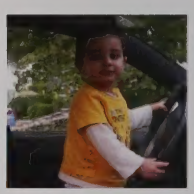
Brian B.

Jenna K.

Nick P.

Belle F.

Aryan K.


Arav A.

Elizabeth O.

Jade B.

Amy P.

Ryan G.

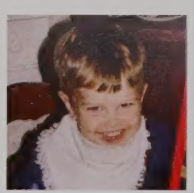
Ella B.-C.

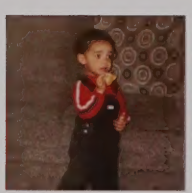
Izzy B.

Erin C.

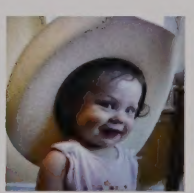
Jay N.

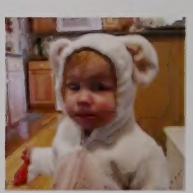
Monty C.


John F.


Jordan G.

Rachel F.


Sofia B.


Nina S.

Evan M.

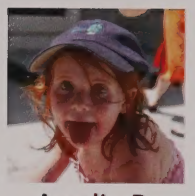
Sheilagh S.

Abby P.

Madelyn C.

Cadance T.

Brian M.


Amelia R.

Drew G.

Declan R.

Henry W.

Charlie M.

Thomas K.

Mav M.

Nathan R.

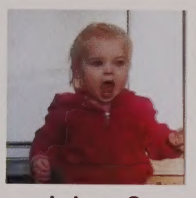
Vedanta S.

Justin M.

Emily M.

Tim S.

Kiera M.

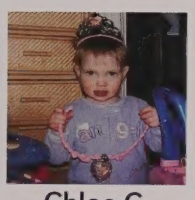

Jaime S.

Ava P.

Zach S.

Emma C.

Kaylyn C.


Chloe C.

Ben K.

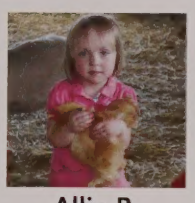
Courtney H.

Nicole B.

Prianka S.

AJ St. G.

Charly P.


Allie R.

Evan C.

Shea O.

Kaylin O.

Brady D.

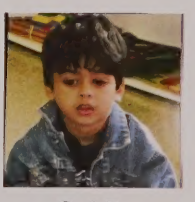
Julia D.

Timmy J.

Maddy S.

Owen M.

Catherine D.


Sai B.

Sara C.

Nikhil P.

Natalie G.

Max T.

Neve M.

Hannah H.

Tyler E.

Class Wills

Jacob Arimento- I will leave my parking spot to John Richards.
Arav Arora- I hereby pass on Brown Boy Athletics to Ishaan Arora, Ranit Sinha, and Anand Mehta. I leave class president duties to Sohana Sachdev. Make me proud.
Nicole Balzotti- I leave Spotlight Dance Academy to Emily Balzotti and the world to Mr. Blom.
Brian Beltrami- I leave all my McDonald's reward points and the eSports team to my young ward Dexter Crory along will all my other worldly possessions; my delinquent brother Jonathan can have whatever is left over.
Sofia Black- I leave my glorious ceramic wheel trimming skills to Cody and I leave my brother my non-existent math skills.
Dean Blake- I leave my parking spot to my brother Mike.
Hannah Bottego- I leave all my lunches to Jay.
Ella Byrne-Cabot- I leave LHPress to a hard-working journalist.
Monty Cadwallader- I leave all of my McDonald's point to Dexter Crory.
Niall Copp- I leave my silly antics to Anand Mehta and my absolute class on a soccer field to Ranit Sinha.
Chloe Corrow- Crab rangoons to Ty Castillo and my track legacy to Giselle Kiernan
Mary Crowley- I leave Mr. Hirtle's room to Gretchen, our car rides to Maggie, NHS to the Juniors (good luck), and the LHS Drama Club social media to future E-board members.
Madelyn Cusano- I leave everything to my favorite freshmen Maggie and Sophie.
Catherine Danforth- I shall lend some wisdom. Sometimes high school life at first is like a vertical function, undefined. It will stay that way until YOU define high school for yourself. Don't let anyone tell you how to experience high school, only for when you define your function will you truly be able to (somewhat) enjoy high school.
Brady DeCoste- I leave my parking spot to Milly.
Alexander Delorenzo- I leave.
Julia DiNoia- I leave all my McDonald's points to Dexter Crory.
Tyler Edwards- I leave my hockey team to David Ming and Ryan Johnson.
John Feltus- I leave the XC team to Mathew Berlinger, my running skills to Tim and Bona, my McDonald's booth to Amy, Sidney, and Dexter, my car to Raquel, and my hair and Irish heritage to Abby.
Jack Fornicola- I leave my AP Calculus notes to Elijah. May they help you more than they helped me.
Rachel Friedman- To Abby, I leave the 4x8 team, our "underdog" baton, and my precious APUSH binder. To Amy, I leave my calc notes, lunch recipes, and piano books– maybe one day we'll learn jingle bells :'). To Raquel, I leave all our 0.5 lens photos and Just-Dance hosting-duty. To Sidney, I leave a protected right to all pasta party cookies (the least I can do as your humble cookie-getter <3) To everyone else, watch Seiji for me.
Mark Frisoli- I leave the hitstick to Ethan Mugisa.
Ryan Graf- I leave the baseball team to Milly and Big Shuf, go make me proud.
Andrew Gray- I leave the JV baseball team to Harish
Courtney Houde- I leave the cheer team to CC Carroll.
Timothy Jean- I leave the back of the soccer bus to Anand Mehta for risky business
Benjamin Kane- I leave behind Adam DeCoste to Abby, Erin, and Erica. I leave Walsh's advisory to Anand Mehta
Jenna Kivlin- I leave Mrs. Kelley's Coffee duty to Giselle and Graham
Luke Laferty- I leave my golf team to Ryan Johnson, Mikey Blake, Paul Doyle, Jake Tags, and Andrew Archer
William Lizek- I leave everything to Andrew Milner
Connor MacNeil- I leave it all to Milly, the last normal kid here
Owen MacNeill- i leave my hairstyle, to Callum, so that people will confuse us even more than they already do
Justin Manno- I leave all of my drip to Nick Brooks.
Brian Marrese- I leave a fresh set of clothes for after strength class to Jonah and Koob.
Charles Martin- I leave my soccer team to Tyler Castillo and Brendan Laferty.
Neve Martin- I leave the ski team to Abby Reid and Maeve Tule.
Mav McCabe- I leave to Nathan John Richard, my rock collection worth at least one dollar.
Lindsey McDonald- I leave theater to Erica, Erin, Abby, Sohana, and Katie, swim to Ella, McDonald's trips to Dexter and Tom, and Maggie and Gretchen to each other.
Emily Mizzoni- I leave the girls soccer team to the Juniors. Todd on three!
Evan Montgomery- I leave the locker room showers to Landon "Goomba" Palmer. Get in there for me.
Paul Neary- I leave my outstanding grade in calculus to Bona Bradshaw
Jay Nordahl- Please leave all of my belongings to me cause it's mine, back off.
Shea O'Brien- I leave the lacrosse team to Brooke O'Brien
Kaylin O'Meara- I leave the art of LHS musical theater to Ty Castillo and I leave the yearbook class to Kallie Ramistella.
Elizabeth O'Neill- To Mav- I leave my Spotify account with like a hundred playlists.
Charly Painter- I leave the aux to Sidney, I leave the front seat to Amy, I leave cross country to Abby.
Abigail Pandolfo- I leave my corner table to those annoying sophomores
Ava Pittorino- I leave my delicious snacks to the girls soccer team and my good looks to Remy Pittorino
Nicholas Protasowicki- I leave all of my things to Andrew Protasowicki.
Amy Proulx- I leave Ellie Manser my love for the Mamma Mia soundtrack and Kallie Ramistella all my tears from the past 4 years
Erin Proulx- I leave the soccer team to the juniors, and I leave my half of the bus seat to Ellie Manser.

Declan Reidy- I leave my theater rolls to my brother Owen.
Nathan Richard- I also leave all my McDonalds points to Dexter Crory.
Allison Ryan- I am leaving the big stall of the cafeteria bathroom to my lil' sis, Kallie Ramistella
Maya Ruel- I leave all three of my beloved lockers to Lena DiNoia
Dev Sappal- I leave my parking spot to Ishaan
Aidan Sakota- I leave my parking spot to anyone who wants it.
Prianka Sarathy- I leave the XC and track teams to Gwen Spadafino, Bridgit Stevens, Tim Rank, and Bona Bradshaw. Last but not least, I leave Daniella Rawa manners and kindness!
Nina Scaramucci- I leave the GDNML Varsity Gymnastics team to Reaghan Donovan.
Sheilagh Senecal- I leave my parking spot and LHSVC to Corinne Carroll.
Zachary Slavinsky- I leave the Royals Legacy to Ranit, Ishaan, and Sam.
Maxwell Smith- I leave all of my McDonald's points to Dexter Crory.
Simon Smith- I, Simon Smith, Leave nothing due to forgetting to leave something.
Anthony St. Gelais- I leave my secret stash of $75,000 buried on the baseball field to the first person who can find it.
Timothy Sturtz- I leave first round fantasy exits to Ishaan Arora and Sam Slavinsky
Cadance Tracy- I leave Norah Kobaly to take care of Maynard's business for next years soccer season.
Owen Valle- I, Owen Valle, hereby leave all my band skills to the underclassmen, and my unfinished homework to Olivia Valle.
John Woodward- I leave the number 11 to Jamo and Ranit. Jamo also gets my house. Ruby gets my parking spot

1

2

3

4

5

1. Leader of the Bird Chorus, Cali G. is all about her lollipop.
2. Nikhil P. stocks up on his favorite drink
3. Ben K. is clearly exhausted from doing something...
4. You do the crime, you pay the time. A group of seniors pay for their actions.
5. AJ Shows off his brand new car detailing kit to the first annual pot stirring Christmas party of 2022!

Arav Arora

When you look back upon your time in high school, what will you view as your biggest accomplishments and most memorable moments (both as class president and individually)?

Throughout my high school years, I took on a multitude of projects, some of which proved successful while others did not. Although my failures were disappointing, they served as valuable learning experiences, allowing me to reflect on my mistakes and consider improvement methods. I am most proud of my efforts to recognize Diwali as an official holiday in the LPS calendar. Working alongside my younger brother, the Keirnans (Giselle and Madelyn), and Rachel Friedman, we diligently worked on creating a proposal and presenting it to the School Committee. Fortunately, the committee voted in favor of the holiday, meaning all LPS students will receive the day off for Diwali. Looking ahead, I hope that the School Committee continues to recognize this holiday, as it provides an opportunity for Indian-Americans to celebrate their traditions with family and friends and for other students to unwind.

Another project I am particularly happy about is my work with the Environmental Club. Since freshman year, our club has advocated for a proposal to limit the use of single-use plastic bags. Our ideas were met with much controversy when we first included them in the bylaw at the May 2022 town meeting. Despite this setback, we continued to meet with town officials, attend Sustainability Committee meetings, and collaborate on our bylaw. On November 1st, 2022, Erin Coykendall, Maya Ruel, John Feltus, and I presented our proposal, and it successfully passed! By August 1st, 2023, the bylaw will officially be in effect, and I am proud to see the positive impact on L-town's Sustainability.

Five to ten years from now, I hope LPS students/teachers/grads/residents read this passage and that our town still recognizes the Diwali holiday and the plastic bag ban bylaw. There will always be opposition to these changes, but I truly hope Littleton continues to understand the benefits!

What parting words do you have for the Class of 2023?

Thanks for dealing with my annoying GroupMe messages and constant stories on our class Instagram. I've pestered all of you with Spirit Week messages, prom updates, and fundraising information, but all of you have had my back and continued to support our grade. We're the most successful (3-1 in Spirit Week) and richest grade in school history (over $7000 raised), and it wouldn't be possible without each and everyone's help.

In the wise words of Philadelphia 76ers Center Joel Embiid, "Trust the Process!"

Katherine McDonagh

How and when were you first exposed to the arts, and where do you find inspiration when you undertake a creative project?

As a kid my parents used to take me to art galleries and museums, and both of my grandfathers were artists. My middle school art teacher also contributed greatly to my love of art, and made me realise I wanted to pursue it as a career. I'm inspired by the work of other creative people, in the form of both art and writing. I love work that addresses specific emotions in unique and unconventional ways. Analysing a work of media—either literature or film or television—is one of my favourite ways to identify a concept for a piece, which I can then execute in whatever form works best. I like the challenge of portraiture, and try to paint or draw people in most of my pieces.

Over your time at LHS you've received quite a bit of recognition and awards for your artwork. What do you view as your single greatest accomplishment? Additionally, is there a certain piece of artwork that you're most proud of creating?

My greatest accomplishment was organising my own solo exhibition at the town library. I was so grateful to have the opportunity to learn about arranging and curating a body of work, and I hope that I can use that skill in the future! I'm also proud of fundraising for the LHS art department by selling artwork of town locations, and I hope that the money can be used to help other students in the future who are interested in art. I couldn't pick a specific favourite piece of artwork I've made, but I really enjoyed putting together my AP portfolios the last two years.

What are your plans both next year and beyond? Where do you envision your love of art taking you in the future?

I intend to double major in Art and English while I'm at college, and then get a master's degree in one of those fields. In the future, I hope to work at an art or literary magazine, and potentially get an artist's residency.

Declan Reidy

Compared to most, you were a relatively late bloomer in terms of taking on acting and joining LHS drama productions. What made you decide to take the plunge, and what was your most memorable role and experience?

Ever since I saw my older brother Liam play lead roles in his middle school shows, I wanted to do theater. I never did any shows in middle school, but I finally found a show I wanted to do with Disney's *Beauty and the Beast* in the spring of my freshman year. We never performed that show, but I absolutely fell in love with theater. I've done every LHS Drama production since then. *Stage Door* was my first time actually performing a show on stage, and *Rodgers + Hammersteins' Cinderella,* also in my junior year, was my first time performing a musical. Both were absolutely life changing, but I think my most memorable role was "Billy Flynn" in Chicago. I had improved significantly in my singing, dancing, and acting over the course of my high school career through countless hours of practice and so much hard work, and I think it all paid off quite nicely in my final performances at LHS. Theater was one of the best experiences of my high school, and I intend to continue pursuing the stage.

As a sophomore, you led the charge to create an eSports club, which eventually morphed into a full blown team. Where does this rank amongst your high school accomplishments, and what are your hopes for the eSports team moving forward?

Playing video games has been a hobby of mine since I was quite young, playing with my dad and brothers on our N64. In my sophomore year of high school, I had the opportunity to work with Mr. Orzech to create an LHS eSports club, and although our first season was a bit underwhelming, we really hit our stride the following year and I handed over leadership to Brian Beltrami. Now, we have a few well-established teams that will hopefully continue even after we graduate. I hope to have made a positive, lasting impact on LHS through this and other activities.

What are your plans for next year and the future, in general?

Next year I will attend the University of Massachusetts Lowell, having earned the Chancellor's Merit full tuition and fees scholarship, with a major in history and an intended minor in legal studies, after which I plan to attend law school and become a lawyer.

Kaylin O'Meara

Your high school sports career was somewhat defined by the COVID pandemic and the restrictions that it placed upon certain sports. What were the biggest challenges that both you and your teammates faced, and how did you overcome them? Additionally, how important was it for you to have "normal" seasons your senior year?

Normally off the field we have frequent pasta parties and team dinners, but with the COVID restrictions we weren't able to bond off the field as much as we would have hoped. I think that because our seasons were "normal" my senior year, both the basketball and soccer teams were very close and hung out a lot outside of practice and games. I think this was a big contributor to our success on the court/field and helped us bond on another level.

When you look back upon your high school sports career, what will you view as your biggest accomplishments and most memorable moments?

My senior seasons for both soccer and basketball were the most memorable seasons of my high school sports career. We made it to the Final 4 of the MIAA DIV State Tournament in both sports and I won League MVP for soccer and Co-League MVP for basketball. I will never forget the Round of 8 of the State Basketball Tournament: upsetting #2 seed Tyngsboro as the #7 seed was the best revenge we could have gotten! I think I speak for the entire basketball team when I say that the love we shared on and off the court was so special. I will always remember the soccer team's pasta parties and our basketball team's breakfasts. I am grateful for getting to spend every day after school with the girls on the teams; it gifted me new friends and made the bond with old friends even stronger.

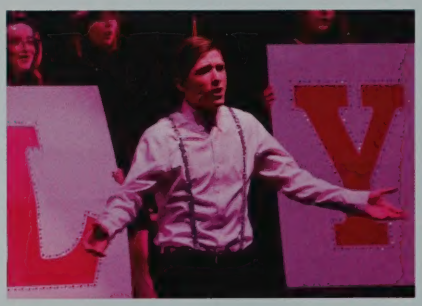
What are your plans for both next year and beyond? Do you plan to continue playing sports in college?

Next year, I plan to study and play soccer at Emerson College. I am excited to continue my athletic and academic career in Boston!

What if...

Jacob Arimento- We stayed in school and covid did not happen?
Arav Arora- Dev and Ishaan never got a perm?
Jade Baker- I fell down the stairs one more time for good measure?
Nicole Balzotti- I didn't know someone's birthday?
Brian Beltrami- The eSports team won a game?
Sofia Black- I remember?
Dean Blake- We had a normal schedule?
Hannah Bottego- we could do it all over again, but better?
Isabella Burba- School was fun?
Monty Cadawallader- Brian's birthday wasn't the 23rd of every month?
Niall Copp- Jay was Brazilian?
Chloe Corrow- I never went to prom?
Mary Crowley- I never watched Tangled?
Madelyn Cusano- I didn't get caught skipping by Comeau?
Catherine Danforth- We're just in a simulation and there's some aliens looking down at us like we're in a snow globe betting on what dumb thing we'll do next. If I were one of the aliens I'd shut down the simulation from pure boredom of watching us keep making the same mistakes?
Brady DeCoste- I was still a lacrosse goalie?
Julia DiNoia- The Ayer McDonald's was never yassified?
Tyler Edwards- Ms. Sanford never left?
John Feltus- I spend time somewhere other than McDonalds?
Kate Ferreira- I wasn't a twin?
Patrick Ferreira- I wasn't a twin?
Jack Fornicola- Freshman geometry has been taught by Dr. Michaud?
Rachel Friedman- I wasn't late to practice everyday?
Mark Frisoli- We never played TAG?
Ryan Graf- My catcher wasn't addicted to energy drinks?
Timothy Jean- We didn't suffer a bomb threat during our playoff soccer game?
Thomas Kazanjian- We didn't go 2-0 in powderpuff?

Jenna Kivlin- I didn't total my two-door Honda civic?
Luke Laferty - I already found AJ's stash of $75,000
William Lizek- I never came to Littleton?
Connor MacNeil- We didn't have New Hampshire on our side? **Owen MacNeill-** We never played bingo during physics?
Justin Manno- I got game captain?
Brian Marrese- Greg didn't speak his mind?
Charles Martin- Soccer wasn't my main personality trait?
Neve Martin- The girls' soccer team never listened to Downtown?
Mav McCabe- I became a frat boy?
Lindsey McDonald- I didn't adopt a bunch of underclassmen?
Kiera Miglani- Archie actually liked people besides Ms. Elmore?
Evan Montgomery- My seatbelt was buckled?
Paul Neary- I was an American citizen?
Jay Nordahl- We just all collectively ignored sophomore year?
Kaylin O'Meara- Adam hadn't taught Freshman year Geometry?
Timothy Sturtz- Aidan wasn't made of glass?
Elizabeth O'Neill- I drank regular coke instead?
Ava Pittorino- Allie could drive?
Declan Reidy- Brian and Dexter actually WERE brothers?
Nathan Richard- I just never moved here?
Maya Ruel- Piper never moved?
Allie Ryan - What if Arav was actually invited?
Aidan Sakota- I worked at Kimballs?
Dev Sappal- I was taller?
Prianka Sarathy- I was never late to school?
Nina Scaramucci- Chloe and I didn't have Friday dates?
Sheilagh Senecal- I played powderpuff for more than 2 seconds?
Zachary Slavinsky- I got that growth spurt?
Maxwell Smith- I was actually good at Pre-Calc?
Anthony St. Gelais- Luke finds my stash of $75,000?
Jaime Sundberg- I actually became a horse girl?
Cadance Tracy- I actually decided to apply to colleges?
Owen Valley- I studied for tests like a normal person?
John Woodward- My seatbelt wasn't buckled?



1

2

3

4

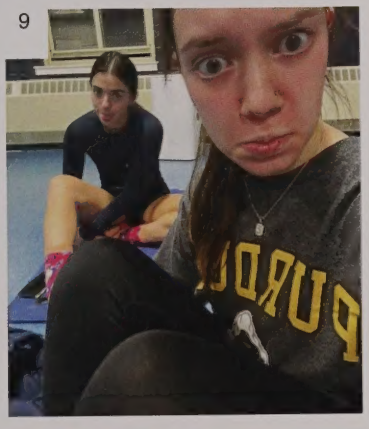
5

6

7

8

9



10

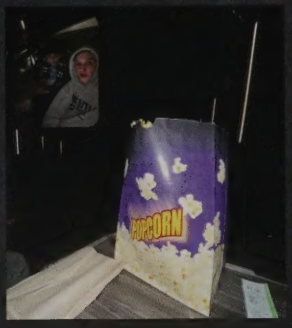
11

12

WHAT A YEAR!

1. Ella B. on stage during the "Birds" show. **2.** Girls Track seniors smile for a group picture on their senior night. **3.** Zach S. & Arav A. form a heart with their hands on Halloween. **4.** Friends Emily M., Kaylin O., Ava P. & Allie R. stand together after their final soccer banquet. **5.** Boys showing off their LHS spirit by wearing pink. **6.** A group of seniors pose in their new senior shirts on pajama day. **7.** Friends gather around Arav A. and his blowup head sign. **8.** Nurse Natalie G. taking care of Tyler E. **9.** Chloe C. & Amy P. take a fun selfie during track. **10.** Girls Field Hockey seniors pose with their parents on senior night. **11.** Seniors on the golf team pose for a photo on the course. **12.** Kaylin O. & Allie R. smile big for a cute picture.

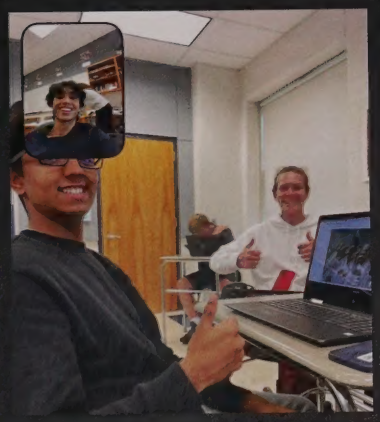
LHS IS Real.

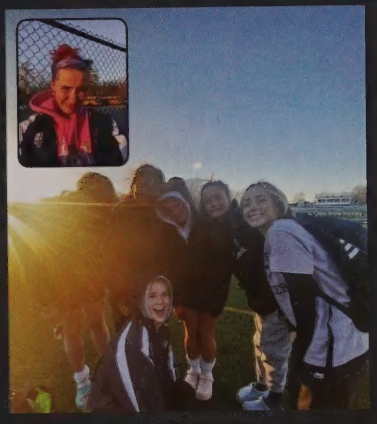
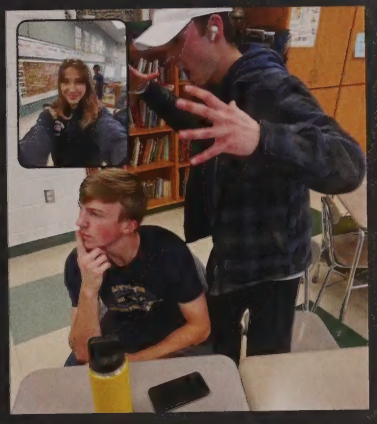


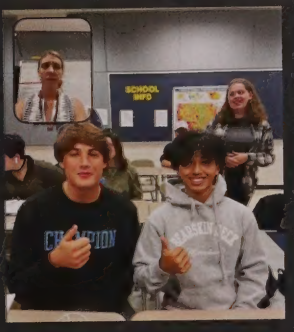
BeReal.

Gaining popularity in 2022, BeReal quickly became the new social media platform to be on. Users are notified once a day to capture a picture of what they are doing in real time. If you take the photo in the 2 minute time limit, you are considered "real."

People all over the world use BeReal today, including many LHS students. Whether we be with friends at dinner, supporting one another at sporting events, or studying together at school, we are always real.



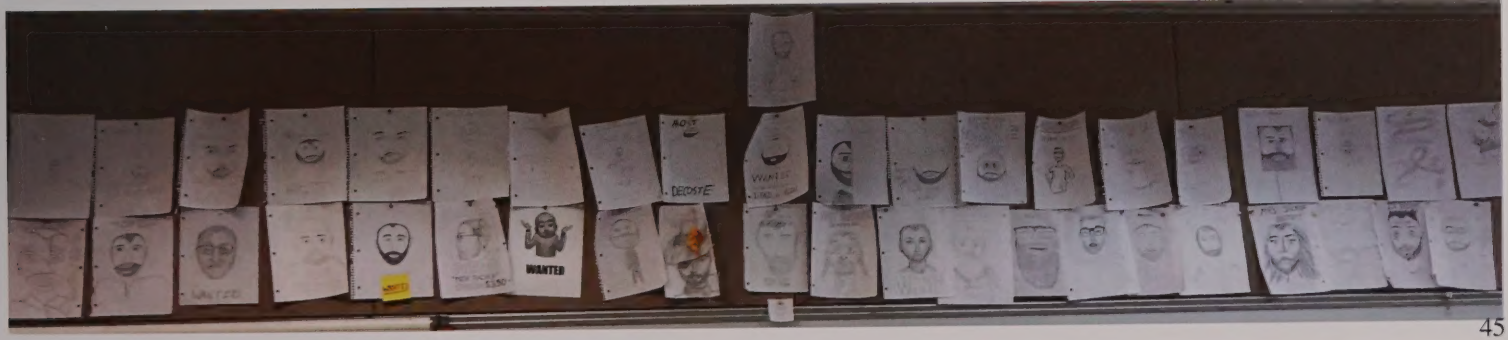


PROM 2022

Littleton High Prom
SLAY
SO EXCITED!
April 30th 2022
TIGERS

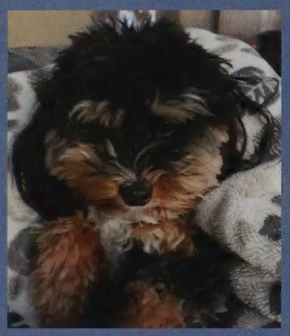
Littleton High Prom
April 30th 2022
TIGERS

THROWBACKS

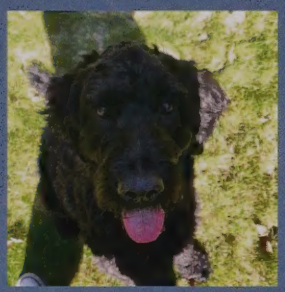


PET THERAPY

Meet the pets who helped get us through the year.



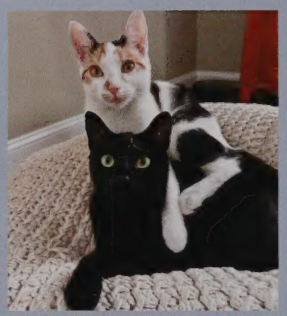
Scout & Tim S.



Layla & Kate & Patrick F.

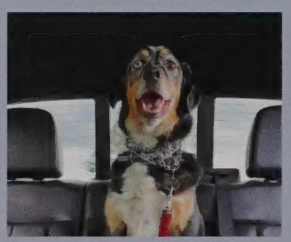
Zeus & John W.

Smoke & Brady D.



Esme & Callie & Zach S.

Tucker & Sheilagh S.



Diesel & Emma C.

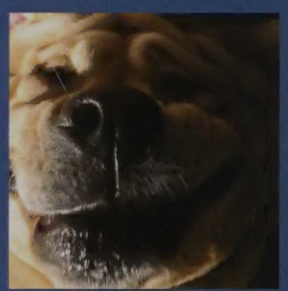
Winnie & Luke L.

Bella & Sadie & Abby P.

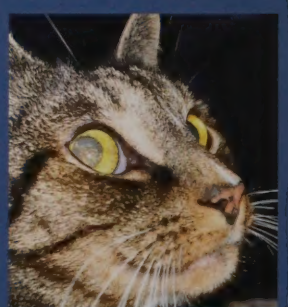
Shea O. & her puppy

Sawyer & Sheilagh S.

Copper & Julia D.



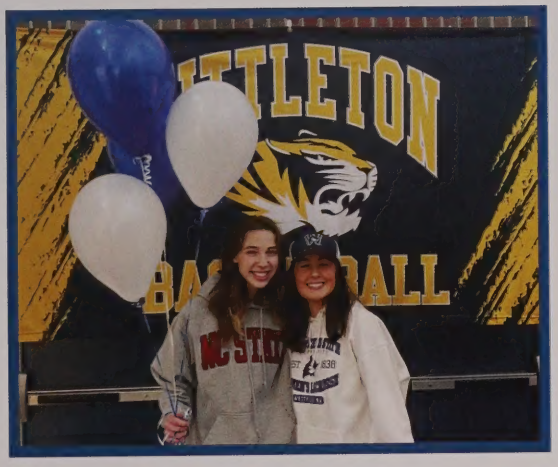
Beau & Ava P.

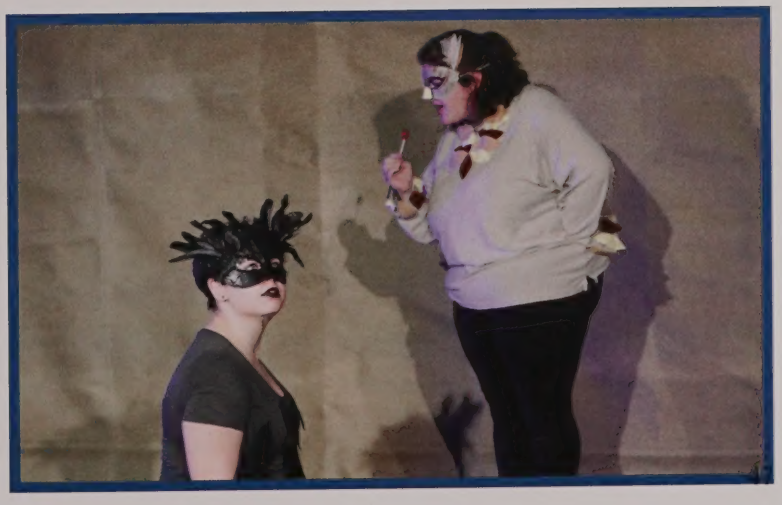


Bandit & Tim S.

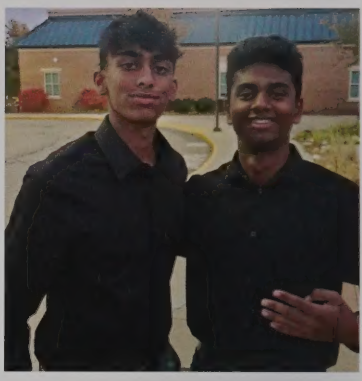
SENIORS
BeRe.al/hannahhoenshell

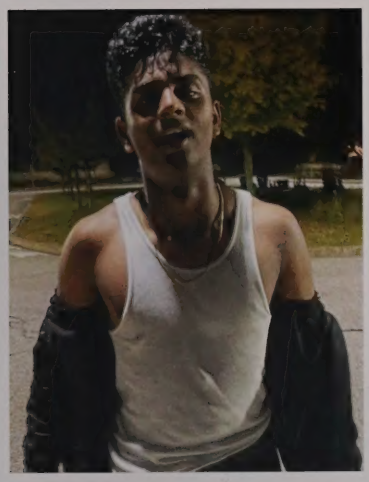
TIGERS
TIGERS

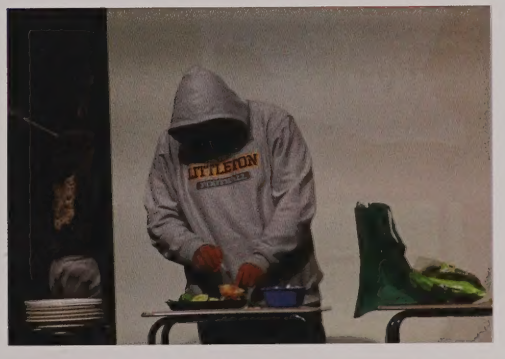

ITTLETON
BA BALL



Grades 9-11







JUNIORS

Manthan Acharya
Katherine Allen
Cameron Anderson
Katherine Anjoorian
Naisha Aponte Rodriguez
Tyler Arthur

Sidney Babers
Daniel Ballard
Emily Balzotti
Eliza Bean
Tyler Beaulieu
Ella Bergeron

Margaret Berlinger
Emmanuel Betanzos-Villalobos
Michael Blake
Helen Bottenhorn
Bona Bradshaw Mubeshire Bradshaw

Alondra Brambila
Luke Buretta
Clementine Burns
Spencer Caouette
Corinne Carroll
Gage Carroll

Clarice Carter
Tyler Castillo
Daniel Christmas
Erin Conlon
Grace Coppola
Erica Cormier

Meet the Class Officers

Sidney Babers (Class President), Aria Patel (Secretary), Bhuvana Pratapa (Treasurer), & Tyler Castillo (Vice President)

Alana Deacon
Alana Delollis

Carter Dionne
Lily Doucette

Kaitlyn Drew
Nadia Dupuis

Samrah Eshal
Jaimielynn Flannery
Elijah Fornicola
Julia Gassiraro
Ella Gearty
Liam Gibbons

Justin Guerard
Thurman Hargrove
Ruby Hider
Lisa Hood
Niyati Hotha
Shelby Jean

Ryan Johnson
Hannah Jonsson
Carolyn Kahl
Jiahuai Kang
Jazmyn Kasey
Joseph Kennedy

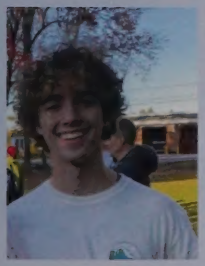
Giselle Kiernan
Norah Kobaly
Marissa Krampf
Abigail Lai
Justin Leblanc
Jackson Little

Samuel Little
Avery Lizek
Eric Luciano
Tran-Jane Ly
Luke Magdalin
Mark Magdalin

Julianna Magin
Ellie Manser
Jason Mansour
Manyiel Maraial
Dilade McCoy
Victoria McCoy

Anand Mehta
Andrew Milner
David Ming
Amy Morana
Hannah Murray
Abby Nordhausen

WHO'S YOUR FAVORITE TEACHER?



- Mrs. Kern "She's fun and a good teacher."

Tim R.

- Mr. Pascucci "He sparks a chuckle is his students, and enjoys partaking in acts of silliness."

Fiona W.

- Mr. Orzech "He's hilarious without even trying to be."

Kallie R.

- Mrs. Kern "She makes class fun and creates a comfortable learning environment"

Victoria M.

Maiya Ortiz
Cameron Pace
Sophie Pankratz
Aria Patel
Nadia Pavlov
Cole Perry

Emma Platts
Isabella Portante
Allison Porter
Bhuvaneswari Pratapa
Jack Prost
Kallie Ramistella

Timothy Rank
Ryan Rawa
Abigail Reid
Abigail Rose Reid
Augustus Reid
Benjamin Reinherz

John Richards
Denis Ryzi
Archa Sahoo
Jacinda Sanders
Shaun Shibu
Benjamin Shufrin

Alexandra Silks
Graham Skinner
Nathan Smith
Ava Spadafino
Nicholas Stallings
Rowan Tarbox

Joseph Taylor
Josephine Thompson
Link Vacca
Ava Werling
Emma Wilson
Fiona Winroth

WHAT'S YOUR FAVORITE LUNCH TO GET FROM THE CAFETERIA?

"Egg McTIger with the sausage."

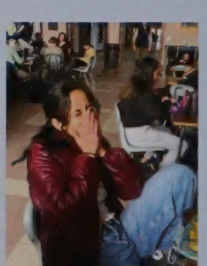
Mubeshire B.

"Orange Chicken."

Samrah E.

"French Toast Sticks."

Amy M.



"Grilled Cheese."

Bhuvana P.

Meet the Juniors!

1. Lisa H plays Roxie in the Chicago musical **2.** Norah K, Thurman H, & Mubeshire B on anything but a backpack day **3.** Kate A scooting around on her suitcase during spirit week **4.** Tim R, Liam G & Ben S help win the tug-o-war challenge for the juniors **5.** Mubeshire B in his costume **6.** Bhuvana P & Amy M present their NHS committee **7.** Erica C & Justin G stand together before Homecoming **8.** Ellie M & Kallie R present their salad during the environmental cook-off **9.** Katherine A, Emily B, Hannah M, & Hope B are all smiles before the powderpuff game **10.** Allie P, Clementine B, Ruby H, Sidney B, & Avery L smiling for their chill study time

SOPHOMORES

Stefon Auguste
Bigya Badal
Binamra Badal
Macie Bast
Jonathan Beltrami
Finn Bilodeau

Miles Blaine
Dylan Blom
Thomas Bottenhorn
Emily Boyer
Nicholas Brooks
Bridget Burke

Violet Burns
Isabelle Cahill
Stella Cahill
Finn Canning
Matthew Clark
Mia Clements

Ava Corby
Dexter Crory
Samuel Currie
Samuel Currie
Christian Debonville
James DeVogel

Lena Dinoia
Reaghan Donovan
Emma Dressel
Ian Dunn
Dylan Estrela
Mia Farl

Meet the Class Officers

Mia Clements (Secretary), Ranit Sinha (Vice President), Sohana Sachdev (Class President), Isabel McCurdy (Treasurer)

Ashley Faulkner
Natalie Faulkner

Jessee Flannery
Emma Follows

Emily Friedman
Dorothy Galvin

Harish Siddarth Ganesh
Devin Gannon
Manpreet Gill
Olivia Gordon
Jayden Graf
Siena Gruber

Artem Gukasov
Kailey Hannon
Isabella Hawes
Jameson Hegarty
Joy Hendrickson
Alejandro Horton

Cole Horton
Thaddeus Hunt
Jason Juels
Cooper Jurgens
Dylan Kaplan
Kasey Keenan

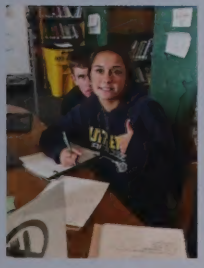
Ethan King
Thomas Kinney
Linus Kneeland
William Koromhas
Dhaneesh Kovvuri
Kathryn Kulchuk

Brendan Laferty
Amaya Lafrance
Samson LaPenta
Samuel LeDoux
Vivien LeDoux
Aaron LeDuc

Andrew Leduc
Kolby Lewis
Samantha Li
Savannah Liles
Brooklynn Lindsey
Ricardo Lopes

Katherine Lopez
Nolan Losee
Evan Mackay
Violette MacNeil
Callum MacNeill
Benjamin Manickam

WHO'S YOUR FAVORITE STAFF MEMBER?



"Mr. Miskinis because he's funny."

Emma D.

"Ms. Duffy because she's chill."

Harish G.

"Mr. Blom because he gives candy and always says hi in the hallway."

Ethan K.

"Fernando because he's wise with a good smile."

Jonathan B.

Evan Manno
Isabel McCurdy
Zachary Milner
Brady Morvay
Michelle Muddasu
Corinne Murphy

Tvisha Nanda
Tanner Neufell
Brooke O'Brien
Laci Oborski
Olivia Olson
Landon Palmer

Areen Panda
Aum Patel
Giselle Pereira Cabello
Nathaniel Philbin
Remy Pittorino
Cainan Pletcher

Finley Pletcher
Prathik Pradeep
Andrew Protasowicki
Thomas Rank
Lucas Rassias
Jack Redmond

Ava Regan
Erin Regan
Owen Reidy
Raquel Rodriguez
Richard Rodriguez
Keira Rowe

Sohana Sachdev
Evan Schocklin
Michael Shufrin
Ranit Sinha
Hannah Sloboda
Adrienne Smith

Mila Smith
Karsten Smyth
Kaitlyn St. Gelais
Amelia Taylor
Maeve Tule
Olivia Valle

Jack Young

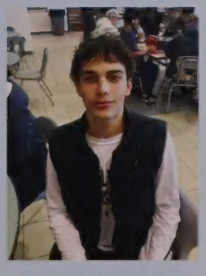
All About The Sophomores!

1. Dexter C. is gobsmacked by an unexpected turn of events during the courtroom scene in LHS's performance of *Chicago*. **2.** Olivia V. and Isabelle C. silently take in *Chicago*. **3.** Sam L. takes on a power pose in *The Birds*. **4.** Vivien L. and Jamie D. take advantage of props and pose for a photo during the school semi-formal. **5.** Kaitlyn S.-G., Pletcher F., Finn C., and Tvisha N. proudly display their progress in the Rise Against Hunger fundraiser. **6.** Isabel M. gets serious as a real estate agent in *The Birds*. **7.** The sophomore tug of war team cruises to a second place finish during the March Madness competition.

WHERE DO YOU SEE YOURSELF IN TEN YEARS?

"The White House."

President Miles Blaine



"Vice President to Miles."

Vice President Evan Manno

"Partying in Cancun."

Ben M.

"The NBA."

Ranit S.

FRESHMEN

Andrew Archer
Ishaan Arora
Madisyn Arthur
Theodore Baldanzi
Laasya Barla
Jaeden Barnes

Dashiell Barry
Olivia Benyo
Kaden Berger
Bryan Berry
Ayleen Betanzos-Villalobos
Sophie Blaine

Chabenta Bradshaw
Tyler Branco
Gianna Burba
Grace Buretta
Raymond Chen
Kierob Cherubino

Nora Choumach
Kaila Chrenc
Dylan Colarusso
Alexander Constantinou
Samantha Corbeil
Aspen Corby

Alexandra Corey
Joseph Cormier
Margaret Crowley
Brian Dechane
Connor Denehy
Colin Donaghy

Meet the Class Officers

Aarya Wachasunder (Class President), Anika Jacob (Vice President), Colby Lapointe (Treasurer), & Kavya Kolukula (Secretary)

Jackson Doucette
Audrey Doyle

Paul Doyle
Luke Duhamel

Kylie Dunn
Jace Evans

Alexander Friedman
Margaret Gibbons
Thomas Glorioso
Matthew Gray
Elena Guertin
Andrea Guillen

Kingsley Gustafson
Olivia Hawthorne
Gretchen Hirtle
Kristen Hoenshell
Alexander Holden
Nicholas Holden

Rachel Holland
Emma Holzbach
Bhavya Sri Hotha
Ava Indorato
Anika Jacob
Christopher Kahl

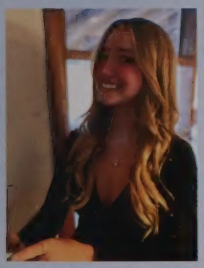
Ridit Karnati
Justin Kasey
Bailey Kerrigan
Haaris Khan
Kavya Kolukula
Connor Koob

Suhani Kumar
Elisabeth Lai
Colby Lapointe
Henry Le
Kai Leary
Vivian Lee

Justin Lefebvre
Eva Leimantaite
Clarajean Lerit
Evan Letendre
Maximus Levine
Samuel Lofria

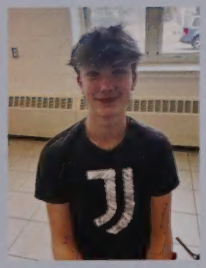
Clare Magdalin
Leonard Magin
Grace Manser
Elizabeth Marrese
Lena Martens
Owen Martin

MOST EMBARRASSING MOMENT AT LHS?



"When I tried to make a basket in my own net in basketball."

Eva L.



"When I called a teacher Mom."

Owen M.

"When I was listening to music but my AirPods weren't connected."

Sam S.

"When I got posted on Twitter crying during kindness week."

Gretchen H.

Antoinette McEachern
Lauren McGurrin
Brian Michaels
Julia Michaels
John Midwood
Bella Ming
Theodore Mitrano
Ethan Mugisa
Sean Neary
Shea Neufell
Colin Orton
Siddarth Padamati
Madelyn Painter
Clare Palumbo
Connor Parks
Anu Patel
Arohan Pathak
Cassie Rhian Perez
Brodi Prost
King Proulx
Daniella Rawa
Madeline Reinherz
Karlee Richards
Izabel Rimbach
Iben Roberts
Hailey Rogers
Josie Rothleutner
Diyansha Rout
Kristofer Saraiva
Samuel Slavinsky
Liam Smith
Damien Sor
Donovan Sor
Bridgit Stevens
Rohan Sundaresan
Jake Taglieri
Megan Toombs
Benjamin Twardzicki
Edith Volz
Aarya Wachasunder
Faith Webb-Jones
Madelyn Welz
Gavin Werling
Jack West
Isabelle Williams
Theresa Wright
Maeve Young
Jonah Yuen

1

2

3

4

5

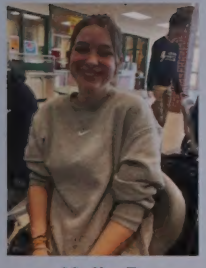
Meet the Freshmen!

1. Colby L. on stage for Chicago **2.** Samantha C. and Kristen H. cheer on the football team. **3.** Edith V. and Colby L. prepare for a game of Hungry Hippos! **4.** Kris S. and Gianna B. get payback on Ms. Allison. **5.** Eva L., Gretchen H., and Diyansha R. hang out with Mario in the senior hallway during Spirit Week. **6.** Ishaan A. and Sam S. share a baguette. **7.** The freshmen tug of war team poses before competing against the juniors.

6

7

WHAT IS YOUR DREAM JOB?



"I'd like to be a lawyer."

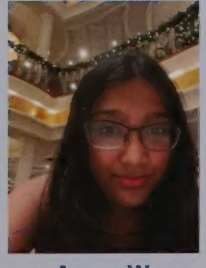
Kylie D.

"A doctor."

Colin O.

"Definitely a scooba diver."

Connor P.



"A Diplomat."

Aarya W.

FALLING INTO THE YEAR!

LHS Students welcomed in the 2022-23 school year with successful sports seasons, a fun Homecoming dance, and a show-stopping play production!

1. A beautiful rainbow shines over LHS to welcome the new school year. **2.** Seniors Max T. & Jaime S. try out some poses for their "Most Likely to Brighten Your Day" superlative photo. **3.** Senior Nurses Emma C. and Natalie G. resuscitate Tyler E. on Halloween. **4.** LHS Drama puts on a wonderful production of The Birds. **5.** The girls soccer team had a historic season. They posed for a photo after making it to the Final Four of the Division IV State Tournament. **6.** Kaylin O'Meara ('23) and Shea O'Brien ('23) smile for a photo at the Powderpuff game. **7.** Senior Brian Beltrami and Mr Miskinis battle for *Super Smash Bros* supremacy.

LOCO FOR HOCO

1

2

3

4

5

6

LITTLETON HIGH SCHOOL!

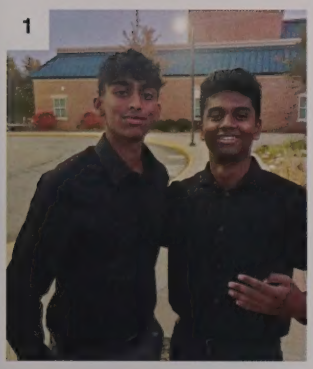
7

1. A group of seniors and juniors pose on the playground at Nara Park before the dance. **2.** Sophomores Brooke O, Dorothy G., Violet M, Macie B., & Maeve T take a selfie at footballs' Pink/Homecoming game. **3.** A group of sophomores take a picture. **4.** Seniors Erin P. & Amy P. with junior Kallie R. Smile for the camera! **5.** Sophomore friends take a picture under the sunset. **6.** Freshman Daniella R. & junior Erica C. with sophomore Bridget B. **7.** Seniors Chloe C., Kaylin O., & Nina S. strike a pose..

OCTOBER 22, 2022

1. Sophomores Ranit S. & Harish S. arrive at the Homecoming Dance. **2.** Littleton High School's 22'-23' Homecoming Court. **3.** Seniors Neve M., Ava P., Kaylin O., Emily M., & Allie R. before the dance. **4.** Seniors Ella B., Katherine M. & Cali G. smiling with a skeleton. **5.** A group of nine girls from the Girls Varsity Soccer Team. **6.** Juniors Maiya O. & Ellie M. show their school spirit by wearing pink during Homecoming Spirit Week. **7.** A group of friends pose outside during Homecoming. **8.** Juniors Hannah M., Jazmyn K. & Niyati H. take a selfie on the dance floor. **9.** Juniors Norah K. & Lily D. along with sophomore Emma D. flex their muscles. **10.** Senior football players & cheerleaders stand with their families during Senior Night.

1



2

3

4

5

6

7

8

9

10

SPOOKY SENIORS!

1

2

3

FEELING FA-BOO-LOUS!

1. The class of 2023 shows their Halloween spirit by wearing their Halloween costumes to school. A class photo was taken during advisory to showcase their funny, cute, and scary costumes! **2.** Tim S. and Aidan S. rock their penguin onesies. **3.** Brian M. & John W. flex and pray.

1

2

TRICK OR TREAT!

1. Prisoners Emily M., Cam N., Allie R., & Connor M. get busted by officer Will L. **2.** Vedanta S., Aiden D., Max T., Justin M., & Kaylin O. showcase Breaking Bad characters. **3.** Chloe C. & Nina S. rock their blow-up dinosaur & unicorn costumes. **4.** Isabella R., Erin P. & Amy P. show their Monsters Inc. spirit. **5.** Charly P. & Rachael F. strike a pose as Kim Possible. **6**. Thomas K. & Timmy J. show off their truly unique costumes. **7**. Elizabeth O. & Mav M. dress as witches on this spooky day. **8**. Archie smiles and looks sweet in his ice cream sundae get up.

3

4

5

6

7

8

WHAT IS THE BEST HALLOWEEN COSTUME YOU HAVE EVER WORN?

Allie R.
Bat Girl

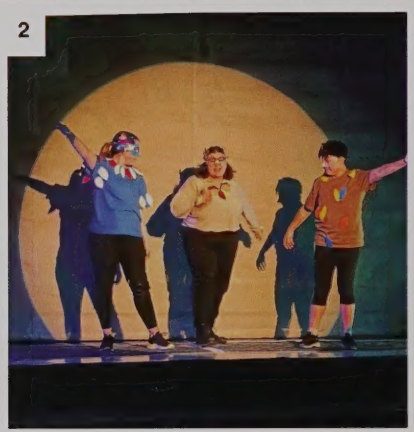
AMY P.
A Cowgirl

EVAN M.
A Lobster

NEVE M.
Teen Beach Movie Biker

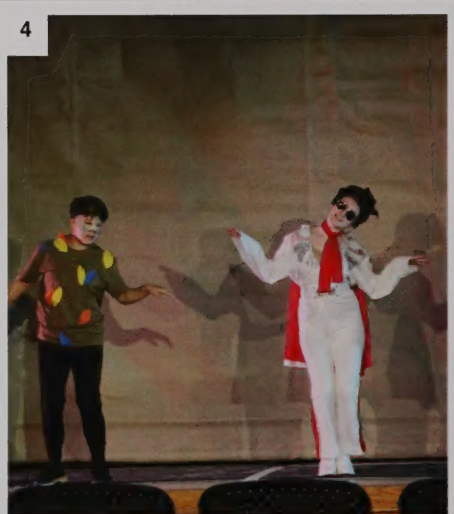
NINA S.
Wonder Woman

ARISTOPHANES' THE BIRDS



Break A Leg!

1. The brightly colored Bird Chorus dominates the stage. **2.** Senior Cali G., playing the Chorus Leader, steals the spotlight. **3.** Folk singer Jade B. ('23) breaks out a guitar and attempts to serenade Lea. **4.** Long live the King (of Birds), Lisa H. ('24). **5.** Batman and the Mighty Thor, played by seniors Declan Reidy and Brian Beltrami, inexplicably crash the party.



1

2

The Show Must Go On!

1. Ella B.-C. ('23) and Isabel M. ('24), playing Lea and Michelle, discuss their grand plans for a bird utopia. **2.** Junior Justin G. mourns a decapitated turkey, played by Colby L. ('26). **3.** Senior Ella B.-C. and sophomore Hannah J. talk with their birds. **4.** The beautifully designed promotional poster created by Abby N. ('24). **5.** A guest appearance by the Black Widow? You bet! **6.** Tech crew members Cainan P. and Emily B., both sophomores, keep things rolling behind the scenes. **7.** Sophomore Mia C. colorfully participates in the bird chorus.

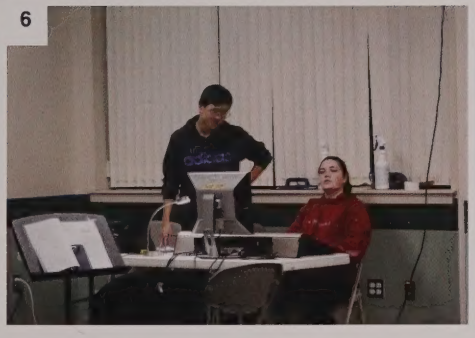
3

4

ARISTOPHANES'
THE BIRDS
LITTLETON HIGH SCHOOL
DRAMA
By Brian Reno & Gabriel Vega Weissman
November 18th at 7 pm
November 19th at 1 & 7 pm
November 20th at 1 pm
Littleton Middle School Cafetorium
General admission $10, Students/Seniors $7

5

6

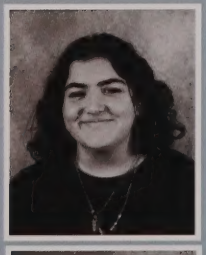


7

MEET THE SENIORS!

Jade
Folk Singer

Hannah
Bird Chorus

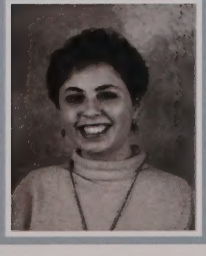


Cali
Chorus Leader

Jay
Public Relations

Brian
Thor Odinson & Bird Chorus

Ella
Lea



Elizabeth
Bird Chorus

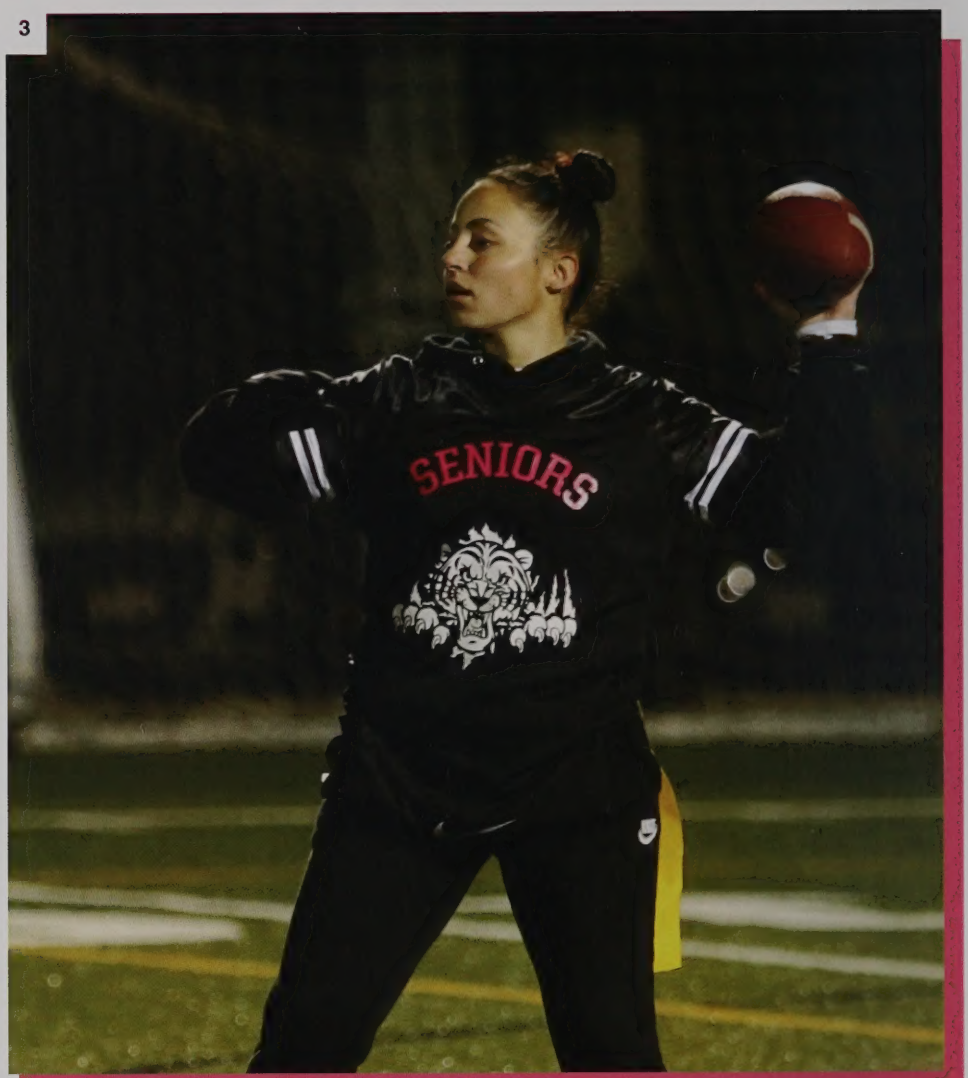
Declan
The Batman & Bird Chorus

POWDERPUFF 2022

1

2

3



SENIORS WIN!

The class of 2023 was victorious for the second year in a row! The seniors, rocking sleek black jerseys with hot pink details, completed passes, ran by defenders, and kicked field goals to beat the Juniors.

The Juniors put up a good fight in the second half to close the lead, but it wasn't enough to win. The final score was 41-28.

So much competitiveness and fun was displayed by both teams, resulting in a successful 2022 Powderpuff game!

4

5

1. The Seniors celebrate with their trophy after winning the game 41-28. **2.** Emily M. ('23) runs with the ball to score a touchdown for the seniors. **3.** Erin P., the Senior's star quarterback, winds up to throw the ball. **4.** Nina S. ('23) and Neve M. ('23) high five to celebrate the Seniors' victory. **5.** Class of 2023 pre-game team photo with their coaches. **6.** The Class of 2024 poses for team photo before kickoff.

6

7

8

9

10

11

12

13

14

15

TANGY TOUCHDOWNS!

7. Junior quarterback, Victoria M., prepares to fire the ball down field for a touchdown pass. **8.** A group of senior friends pose for a picture. **9.** Erin P. ('23) hands off the football to Hannah H. ('23) to pick up a few yards. **10.** Senior head coach, Brian M., reviews a play with Kaylin O. ('23). **11.** Kate A. ('24), Alondra B. ('24), and Alana D. ('24) take a break from the game to smile for the camera. **12.** Emily M. ('23) dives to catch Norah K. ('24), who takes the ball and runs down the field. **13.** Seniors, Kaylin O. and Chloe C. celebrate with the trophy after their second win in two years. **14.** Katherine A. ('24) lines up on the line of scrimmage, ready to start a play. **15.** Lindsey B. ('23), Belle F. ('23), and Amelia R. ('23) are all smiles during a moment of downtime.

FALL SPORTS

Back Row: Coach Painter, Jason Juels, John Feltus, Bona Bradshaw, Tim Rank, Aaron Leduc, Manyiel Maraial, Charles Badaracco-Hemmis, Coach Koldenburg
Front Row: Jace Evans, Aum Patel, Colin Orton, Brady Morvay, Callum MacNeill, Thomas Kinney, Alexander Friedman, Jaeden Barnes

Back Row: Coach Painter, Niyati Hotha, Amy Morana, Rachael Friedman, Charly Painter, Prianka Sarathy, Kaylyn Cleary, Abby Rose Reid, Sidney Babers, Jazmyn Kasey, Coach Kaldenberg
Front Row: Rachel Holland, Maddy Painter, Bridgit Stevens, Raquel Rodriguez, Danielle Rawa, Izabel Rimbach

Back Row: Coach, Jacinda Sanders, Victoria McCoy, Amelia Rogers, Isabelle Field, Lindsey Barbella, Maya Ruel, Katherine Anjoorian, Coach
Front Row: Izzy Williams, Theresa Wright, Kylie Dunn, Maggie Crowley, Sophie Blaine. Hailey Rogers, Kailey Hannon, Emma Holzbach

Back Row: Coach Shoemaker, Dean Blake, AJ St. Gelais, Zack Tucker, Luke Lafferty, Ryan Graf, Jack Redman, Ryan Johnston, Mikey Blake
Front Row: Dev Sappal, Paul Doyle, Andrew Archer, Jake Taglieri

Back Row: Coach Walsh, Lucas Rassias, Tyler Castillo, Mubeshire Bradshaw, Anand Mehta, Brendan Laferty, Ranit Sinha, Spencer Caouette, Cam Pace, Rowan Tarbox
Front Row: Ben Shufrin, Tim Sturtz, Niall Copp, Charlie Martin, Timmy Jean, Evan Cherry, Ben Kane, Arav Arora, Zachary Slavinsky, Jiahuai Kang

Back Row: Evan Letendre, Kaden Berger, David Ming, Sid Padamati, Connor Denehy, Tedi Mitrano, Samuel Lofria, Ishaan Arora, Samuel Slavinsky, Brian Dechane, Coach Sterns
Front Row: Evan Schocklin, Binamra Badal, Kolby Lewis, Matt Clark, Justin Guerard, Jayden Graf, Mikey Shufrin, Ian Dunn, Bigya Badal, Sam LePenta

Back Row: Keira Rowe, Macie Bast, Erin Regan, Amelia Taylor, Lily Doucette, Savannah Liles, Emma Dressel, Kallie Ramistella, Giselle Kiernan
Front Row: Norah Kobaly, Cadance Tracy, Amy Proulx, Neve Martin, Kaylin O'Meara, Emily Mizzoni, Erin Proulx, Ava Pittorino, Allie Ryan, Ellie Manser

Back Row: Coach Rock, Kaila Chrenc, Eva Leimantaite, Kingsley Gustafson, Bailey Kerrigan, Alex Corey, Grace Buretta, Gigi Burba, Vivian Lee, Audrey Doyle, Elizabeth Marrese
Front Row: Karlee Richards, Dylan Kaplan, Olivia Valle, Jessee Flannery, TJ Ly, Ava Werling, Bhuvana Pratapa, Izzy Portante, Olivia Gordon, Lena DiNoia, Emma Follows
Not Pictured: Clarice Carter

Back Row: Giselle Pereira, Julia Michaels, Ava Indorato, Hannah Hoenshell, Emma Cvitkovich, Bella Ming, Corinne Carroll, Courtney Houde, Sheilagh Senecal
Front Row: Samantha Corbeil, Kristen Hoenshell, Brooklyn Lindsey, Olivia Hawthorne, Chabenta Bradshaw

Back Row: Coach Arnold, Sean Neary, Kyle Musomba, Harris Kumar, Sam Ledoux, Vivien Ledoux
Front Row: Alice Lovato, Makaleigh Falcione, Jamie DeVogel, Andrea Guillen, Adriana Guillen

Fourth Row: King Proulx, Tyler Branco, Jack Cormier, Ethan Mugisa, Jonah Yuen, Chris Kazanjian, Brian Michaels, Rohan Sundarsen, Connor Koob, Damien Sor, Justin Kasey
Third Row: Coach, Nick Brooks, Thaddeus Hunt, Cooper Jurgens, Zach Milner, Evan Manno, Alejandro Horton, Jamo Hagerty, Landon Palmer, Coach Easter
Second Row: Mark Frisoli, Yaksh Patel, Andrew Milner, Liam Gibbons, Joey Taylor, Carter Dionne, Nick Stallings, Dilade McCoy, Jenna Kivlin
First Row: Greg DeChane, Patrick Ferreira, Connor MacNeil, Brady DeCoste, Evan Montgomery, Brian Marrese, Thomas Kazanjian, Alex DeLorenzo, Justin Manno, John Woodward

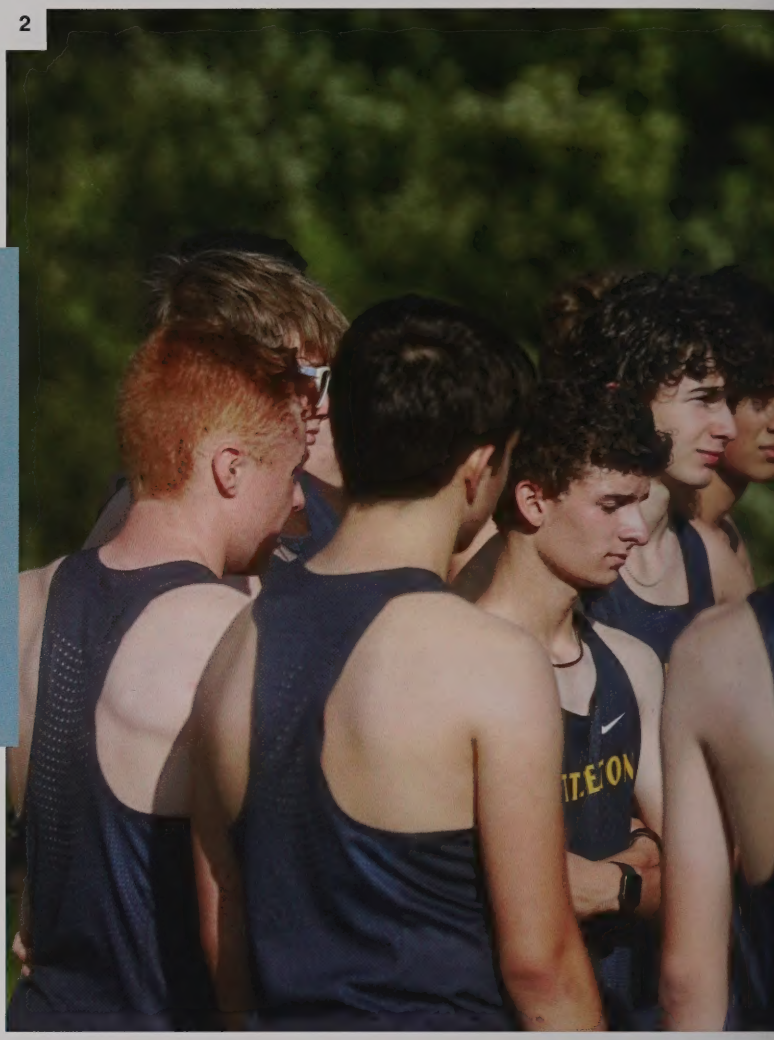
Back Row: Tyler Branco, Ethan Mugisa, Jonah Yuen, Chris Kazanjian, Brian Michaels, Rohan Sundaresan, Connor Koob, Justin Kasey
Front Row: King Proulx, Jac Cormier, Nick Brooks, Cooper Jurgens, Jamo Hagerty, Landon Palmer, Nick Stallings, Damien Sor

"RUN FOREST, RUN!"

1. Run! Senior John F. ('23) paces towards the finish line **2. Team Meeting!** The team huddles together to listen to the coaches words before their meet. **3. Keep up!** Captains Bona B. ('24) and Tim R. ('24) pull ahead of the pack.

1

2



MAY THE COURSE BE WITH YOU

SEASON SUMMARY

This year, the boys cross country team did amazing! With only one senior, John Feltus, the team was extremely reliant upon underclassmen, and they did not disappoint. Throughout the season the boys were often going up against bigger schools, but they held their own. The boys had to put in more hard work and effort to achieve a successful season and finish well. Outside of running every day, the boys took team trips to Godly and Westside which helped them bond, alongside their frequent pasta parties.

Captains Tim Rank ('24) and Bona Bradshaw ('24) worked very hard throughout the season, eventually setting a new school record, and earning them a co-MVP award. Both runners competed in the East Bay Northeast Regional XC Meet to finish their remarkable season. Tim placed 25th overall and Bona placed 92nd! The future of the cross-country team looks good with both Bona and Tim returning as captains next year, and they should continue to be dominant.

This season was the second time they both qualified for the All-Star meet, a first in LHS history. Good weather, a good attitude, and Coach K's leadership contributed to the boy's XC team having an amazing season. Coach K. was such a extraordinary head that the MIAA took notice, awarding him the Coach of the Year award after coaching for 8 years. The captains recommend that you check out Coach K's Instagram! @littletoncommonman

SEASON SCOREBOARD

US		THEM
18	Murdock	44
34	Tyngsborough	25
25	Quabbin	30
34	Bromfield School	25
18	Hudson	40
23	Maynard	35
23	Ayer Shirley Regional	34

3

1

"DON'T WALK, RUN TO THE FINISH LINE."

1. Pace Yourself! Sophomore Brady M. paces himself so that he can do well in his race! **2. Warm Up!** The team stretches before the meet **3. Keep on running!** Aum P. ('25) dashes towards the finish line to get a good time**. 4. Stick Together!** William K. ('25) and Alexander F. ('26) dash towards the finish line. **5. You Got This!** Manyiel M. gets his sprint on. **6. Gotta Go Fast!** Dylan E. ('25) gets his head in the game and finishes strong.

2

3

4

5

6

MEET THE CAPTAINS!

What's your favorite team tradition?

JOHN FELTUS

"Butts yeah butts." (stretching out your butt and hips)

BONA BRADSHAW

"The twilight meet."

TIM RANK

"Pasta parties."

"THE FASTER YOU RUN, THE FASTER YOU'RE DONE."

– Coach P

1.Go Tigers!. The girls' Cross Country team celebrates their senior night. **2. They're off!** The Littleton girls' team starts their race against Murdock. **3. Go Go Go!** Senior, Charly Painter and sophomore, Raquel Rodriguez race to the finish line.

1

2

RUN FOR YOUR LIFE

XC SUMMARY....

The High School girls cross country team had a season to remember. Finishing 6-1 in the regular season, qualified them for The All State meet! What an accomplishment! They also finished 4th in the Division 3B meet. At the All States meet, the girls finished an impressive 9th place in the state!

A highlight of the season each year is the Twilight meet. The girls and boys team go to Falmouth to race, and always have a blast, running in the dark.

According to senior captain, Charly Painter: "Our team is very young with many many underclassmen contributing as point scorers. I am confident that even though the team loses its seniors next year, our girls will continue to do great things, and I am extremely excited to see where their talent takes them."

Overall the season was great, and they had a lot of fun running together, on and off the course. The team will miss these four amazing seniors, Kaylyn Cleary, Charly Painter, Rachael Friedman and Prianka Sarathy, who were exemplary leaders.

SEASON SCOREBOARD

US		THEM
24	Murdock	41
23	Tyngsborough	38
21	Quabbin	38
30	Bromfield	25
20	Hudson	42
23	Maynard	32
20	Ayer Shirley	40

3

WHAT ARE THEY RUNNING FROM?

1

1.Sprint! Sprint! Sprint! Senior Prianka Sarathy dashes towards the Finish Line **2. Beat her!** Junior, Sidney Babers is neck and neck with 294 on Murdock. **3. She is the course.** Senior, Kaylyn Cleary paces herself to get a good time on her race. **4. Go Danielle!** Freshman, Daniella Rawa finishes her meet strong. **5. Speedy!** Senior, Rachael Friedman pushes herself to the finish line **6. Cheese!** A few members of the cross country team pose together after a great meet.

2

3

4

5

6

SENIOR SPOTLIGHT

What is your pre-meet ritual?

KAYLYN CLEARY

"I put my shoes on last minute."

CHARLY PAINTER

"I wear the same socks each meet that I never wash."

RACHAEL FRIEDMAN

"I eat Trader Joe's peanut butter pretzels before every meet."

PRIANKA SARATHY

"I always put a bow in my hair and I wear the same neon yellow socks."

1. Katherine Anjoorian ('24) dribbles the ball up the field. **2.** Captain Isabelle Field ('23) receives a pass from captain Amelia Rogers ('23). **3.** Captain Maya Ruel ('23) takes the ball to the goal. **4.** Jacinda Sanders ('24) runs up the field for a pass.

1

2

CHICKS WITH STICKS

Girls' Field Hockey

The 2022 season was a memorable one for the Littleton Tigers field hockey team. The girls had a very successful season, winning 11 out if the 19 games that they played during their season, and tying 3, including playoffs.

Captains Isabelle Field, Amelia Rogers, Lindsey Barbella and Maya Ruel were prominent leaders on the team both on and off of the field. With a young team, they supported all players and helped lead the team to many upset victories.

Pasta parties were a shared favorite bonding activity for the field hockey team! The team grew and improved together throughout the season.

The four seniors will be greatly missed along with the contagious energy that they brought on and off of the field!

SEASON SCOREBOARD

US		THEM
2	Hudson	2
1	Narragansett	0
0	Sutton	1
2	Fitchburg	1
2	Bromfield	0
3	Tyngsborough	1
3	Tahanto	0
0	Lunenburg	2
2	Hudson	4
5	Narragansett	1
0	Maynard	0
3	Fitchburg	2
2	Groton-Dunstable	1
0	Bromfield	1
2	Tynsborough	1
1	Lunenburg	0
2	Leicester	1
1	Notre Dame	1
0	Pioneer Valley	2

3

4

1

1. Coach Nicholson points to her players. **2.** Captain Lindsey Barbella ('23) drives the ball towards the goal. **3.** Izzy Williams ('26) watches fer teammates from defense. **4.** Theresa Wright ('26) keeps an eye out for the ball to come her way. **5.** Maggie Crowley ('26) runs upfield for a pass. **6.** Kailey Hannon ('25) protects the ball from the opposing team.

2

3

4

5

6

MEET THE SENIORS

AMELIA ROGERS
Midfield
#10

LINDSEY BARBELLA
Forward
#12

BELLE FIELD
Forward
#11

MAYA RUEL
Defense
#14

1. Senior WR Justin Manno scampers into the endzone for a successful two point conversion. 2. Senior WR John Woodward reels in a catch over a GD defender. 3. Captains hype up the team before the season opener. 4. Coach Easter high fives the local youth flag football teams before senior night.

"FOOTBALL IS ALL ABOUT HAVING FUN, MAN."

1

2

3

4

IT IS WHAT IT IS

SEASON SUMMARY

I'm not going to lie, we had a rough season. We finished 3-8 and did not make the playoffs. It is what it is. Who cares? We had fun, for the most part. We had a blast in the three wins we got to experience, and some of the losses were fun as well. If you completely ignore the record and how many games we lost (lol), the season was a success. With a diminishing football team whose roster has went down in size every year, even fielding a team could be considered a success. "How about them tigas?" says senior RB/OLB Mark Frisoli, after a 41-0 loss against West Boylston. After a while, you get used to getting blown out week after week. So we decided to enjoy the other aspects of football, like making the most out of every practice-- we treated scout team like it was a real game. One of the bright spots of the season came at the end, in our consolation games. It was in those two weeks that we got two of our wins, and had the most fun.

With the team dropping to Mid-Wach E next year, there is higher expectations. Having a weaker schedule, there is a lot of hope for success next year. We had a lot of juniors and underclassmen who made a big impact this year, and having that experience, there is only one goal for next season: Gillette. State Champs. Go tigers!

SEASON SCOREBOARD

(ignore)

US		THEM
7	North Middlesex	28
22	Groton-Dunstable	29
27	Quabbin	0
8	Lunenburg	44
7	Clinton	43
0	Tyngsborough	35
7	West Bridgewater	42
0	West Bolyston	41
28	Sutton	6
27	Blackstone-Millville	24
14	Ayer Shirley	20

1. Sophomore Tedi Hunt and junior Carter Dionne celebrate with Brian Marrese after a touchdown. 2. Senior RB/LB Alex Delorenzo signs a football for his young fans. 3. The team stands for the national anthem before kickoff. 4. Senior RB Brian Marrese looks to get loose on a run. 5. Sophomore OLB Zach Milner wraps up a Quabbin RB in the backfield. 6. Sophomore WR Evan Manno looks for YAC after reeling in a pass. 7. Senior captains Thomas Kazanjian & Evan Montgomery pose after a preseason scrimmage. 8. The captains pose for a photo.

SENIOR CAPTAINS

Meet the senior captains who led the team!

BRI

Senior RB/SS - Absolute dawg out of the backfield, he was a rock for us all season.

KAZ

Senior OL/DL - An anchor on the OL and DL, Kaz was an absolute people-mover.

CRONT

Senior C/DL - Another anchor on the line, Cront was a key in the (little) success we had.

1. Working Together! The Littleton Cheer team puts up an amazing pyramid for the second game of the season. **2. Stayin' Shady** The girls cheer on the football field with a defensive cheer called "ATTACK" **3. Senior Night!** Sheilagh Senecal, Courtney Houde, Emma Cvitkovich, and Hannah Hoenshell are all smiles for the camera.

"LIVE, LAUGH, LOVE. CHEER!"

1

2

3

STUNTING ON 'EM

SEASON RECAP...

Cheer season kicked off in late August, and ended in late November. During this time, there were many dances, stunts, and cheers that had to be memorized, practiced, and performed for everyones' favorite Friday Night Lights.

In the beginning of the season, the team had a personal trainer, Amy, that everyone appreciated so much. "Lets just say our push-ups wouldn't be the same without her."

The majority of the team is young. The seniors taught the freshmen the ins and outs of the team. Now, the seniors are confident the team will be successful in the future.

At the beginning of each week, the team selected a theme for the upcoming Wednesday's practice.

At practice, the team constantly works on something new to try for the next performance. It could be having the captains teach a new dance, or learning more complex stunts. Coach Lanette always has something prepared for the team to learn, so they are always on their toes to see what she has in store!

The Homecoming game always requires a lot of preparation. The team makes posters for the seniors and a breakaway banner for them to run through at the beginning of the annual homecoming game.

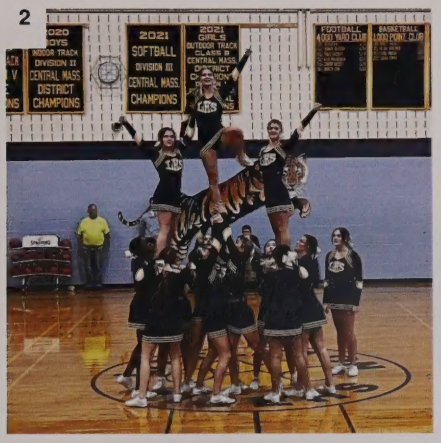
Towards the end of the season, they resumed a tradition they hadn't done since 2020: they cheered on the Littleton Unified Basketball team and put on a halftime show where they showed their skills and stunts off!

Transitioning into their last few practices, they got ready for the annual Thanksgiving game. Since it wasn't a home game this year, there was no halftime performance, but they continued to do stunts and cheers on the sidelines!

The class of 2023 is so thankful that their final season with the team got to be a normal year and they will miss the team so much!

1

2



"SMILE GUYS! YOU GOT IT!"

- Coach Lanette

1. Keep it Up! The team puts up one of their pyramids for halftime! **2. Stay Strong!** Littleton Cheer executes a perfect pyramid for the Littleton Unified Basketball game! **3. Give Me A "T!"** The girls do the fan favorite Tigers' chant! **4. Lights, Camera, Action!** The team strikes a finishing pose after their halftime routine. **5. Seniors!** Sheilagh Senecal, Emma Cvitkovich, Hannah Hoenshell, and Courtney Houde **6. Breakaway!** The girls wait for the boys to run through their homemade banner. **7. Shake Em'** The team cheer on the boys at one of the many away games. **8. Groovy!** Corinne C. ('24), Bella M. ('26), and Julia M. ('26) flow through the motions of one of their dances during halftime!

3

4

5

6

7

8

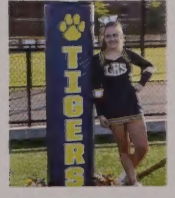
SENIOR SPOTLIGHT

What's your favorite spot to be in during stunting?

HANNAH HOENSHELL
Side Base!

SHEILAGH SENECAL
Main Base!

COURTNEY HOUDE
Flying!



EMMA CVITKOVICH
Backing!

1. Luke Laferty and Zack Tucker, both seniors, meet their opponents. **2.** Coach Shoemaker discussing the game plan with the team. **3.** Luke Laferty hitting his first stroke of the day.

"FORGET THEM PLAY YOUR GAME."

-Luke Laferty

1

FORE

Drive For Show, Putt for Dough

The Littleton Golf Team finished this year with a outstanding season. Captains Luke Laferty and Zack Tucker led the the team to a amazing 12-2 record which qualified the team for playoffs. After two days of competition, the team placed 6 out of 9 in the division.

The most memorable and important moment of the season was when the Tigers were able to win the league.

Luke Laferty spoke glowingly of the year, stating, "I couldn't be more proud of our guys this season. It was a dream of mine to end my senior season like this: leading a league winning team and growing closer with everyone. Many seniors are graduating this year, however, I am very confident that the rest of our team will continue to succeed, and keep the ball rolling. I have total faith in Ryan and Mikey to lead our team to another league title."

Zach Tucker will also look back upon his senior year fondly. "This season was a blast and to me," he said. "It seemed like the guys had a lot of fun. We were fearless and winning league title is something we can all be proud of. Golf is hard. I can't wait to see how Ryan and Mikey take the keys and repeat the league title like I know they can."

SEASON SCOREBOARD

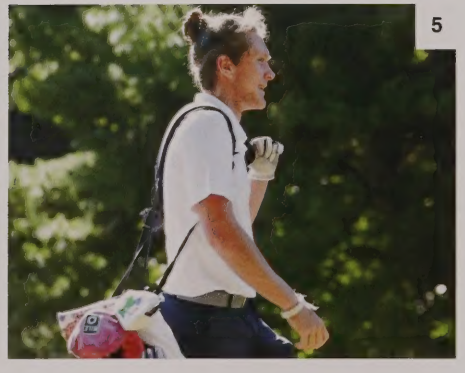
US		THEM
31.5	Bromfield	22.5
44.5	Lunenburg	9.5
34	Clinton	20
26.5	Tyngsborough	27.5
39	Hudson	15
36.5	Maynard	17.5
18.5	Ayer Shirley	35.5
25	Tahanto	5
34	Bromfield	20
43	Lunenburg	11
21.1	Groton-Dunstable	20.5
39	Clinton	15
33.5	Tyngsborough	20.5
28.5	Quabbin	25.5
36.5	Quabbin	17.5

3

"HIT A BUMP AND RUN."

- Coach Shoemaker

1. Senior Dev Sappal teeing off the first tee. **2.** Mikey, Dean, and RJ talking on the tee box. **3.** Paul Doyle puts the ball in the cup. **4.** Dean Blake teeing off. **5.** Zach Tucker walking to the green. **6.** Zach Tucker having a laugh while waiting on the tee box.



MEET THE SENIORS

What was your favorite memory from the season?

RYAN GRAF

"Beating Quabbin to win the division."

DEV SAPPAL

"Winning our league."

DEAN BLAKE

"Finding out we made districts."

ZACK TUCKER

"Group photo after beating our opponents."

LUKE LAFERTY

"Winning Leagues."

A.J. ST. GELAIS

"When I wore Luke's loafers in a match."

1.The team hudles before playing Lunenburg in the rain. 2. Charlie Martin takes the ball up the field. 3. Niall Copp takes a corner kick.

"We would have won more games if we won more games."

- Niall Copp

1

2

JUST KEEP KICKING

Season Recap

Our boys soccer team started out strong, tying Bromfield for the first time since 2014. With a last minute save, senior Tim Sturtz came away with an amazing bottom corner save. Captain Charlie Martin manned the defensive lines along with sophomore Brendan Laferty, junior Ben Shufrin, senior Niall Copp, and senior captain Evan Cherry. The offensive attack was led by Timmy Jean, a league all-star with a team-leading eleven goals on the season. The team, playing in Midland-Wachusett D, beat Maynard, Quabbin, and tied Fitchburg in it's first four games.

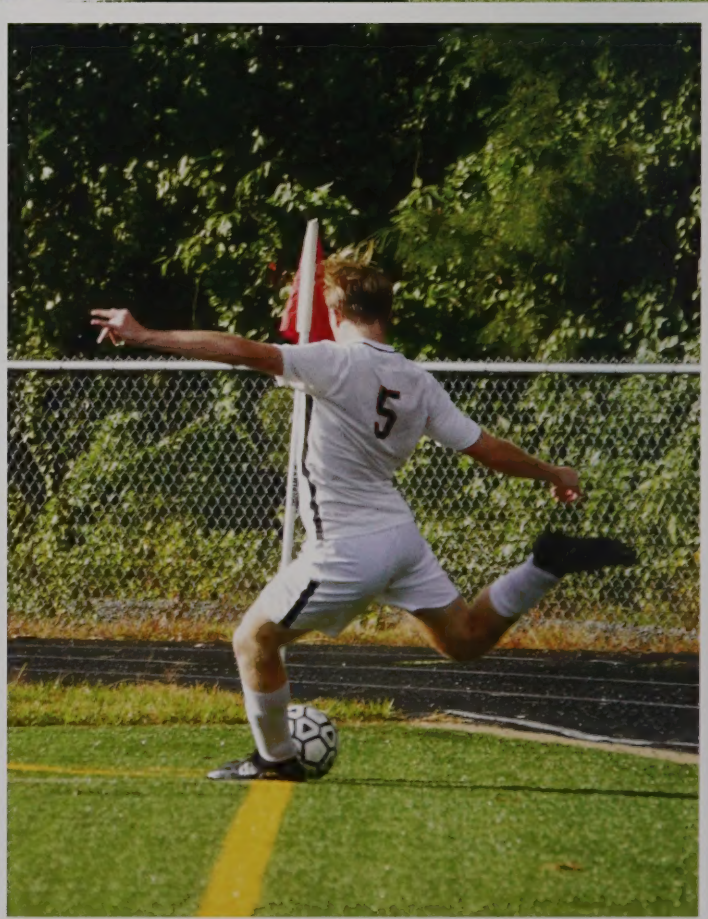
However. the injury bug plagued the team, hitting seniors Arav Arora, Ben Kane, and Evan Cherry. The team showed great resiliency throughout the season after a six game losing streak, finishing the regular season with a tough win against Tyngsborough on senior night. Sophomore Ranit Sinha scored his first varsity goal on senior night, Arav Arora added two of his own, and senior Zach Slavinsky added an assist.

Entering Central Mass playoffs, the boys team was the five seed, and they lost in heartbreaking fashion to Douglas. For the MIAA Div 4. State playoffs, the team played 19th seeded Hamilton-Wenham at Alumni Field. GK1, Benjamin Kane, played extremely well during the season, proving his worth.

The team's league all-stars were Charlie Martin and Timmy Jean. Ty Castillo and Ben Shufrin were announced as next year's captains. It should be a good year!

SEASON SCOREBOARD

US		THEM
2	Bromfield	2
3	Ayer - Shirley	1
1	Maynard	0
2	Fitchburg	2
3	Quabin	0
0	Oakmont	1
2	Tyngsborough	0
1	Lunenburg	1
1	Bromfeild	2
0	Maynard	3
0	Fitchburg	2
1	Quabin	2
3	Oakmont	4
3	Tyngsborough	1



1

"We're a damn good team."
- Coach Walsh

1.TIm Sturtz strikes the ball. **2.** Tyler Castillo dribbles past a defender. **3.** Ben Kane punts the ball. **4.** Zach Slavinsky chases down a defender. **5.**Timmy Jean on a breakaway attack.

2

3

4

5

SENIOR SPOTLIGHT

Meet the seniors who make up the Boys Soccer team.

EVAN CHERRY
Defense
#9

TIMMY JEAN
Striker
#11

CHARLIE MARTIN
Defense
#12

NIALL COPP
Defense
#5

ARAV ARORA
Mid-Field &
Defense
#18

BEN KANE
Goalie
#20

TIM STURTZ
Striker &
Goalie
#24

ZACH SLAVINSKY
Striker
#3

"THIS SEASON WAS UNFORGETTABLE."

- Neve Martin ('23)

1. Erin Proulx ('23) dribbles up the field. **2.** The team high fives and walks off the field after winning the first round of the State Tournament. **3.** Kaylin O'Meara ('23) and Norah Kobaly ('24) hug in celebration after scoring the winning goal against Monomoy High School.

1

2

JUST FOR KICKS

GIRLS' SOCCER TAKES THE FIELD!

After a historic season for the girls soccer team, we interviewed a few girls who reflected on the team's accomplishments. The girls varsity soccer team went undefeated (16-0) during the regular season, earning them the title of league champions for the second year in a row.

SEASON SCOREBOARD

US		THEM
9	Ayer Shirley	2
2	Maynard	0
9	Fitchburg	0
6	Quabbin Regional	0
6	Oakmont Regional	0
5	Tynsborough	2
8	West Boylston	1
6	Bromfield School	3
7	Lunenburg	0
3	Bromfield School	0
3	Maynard	0
9	Fitchburg	0
7	Quabbin Regional	0
3	Oakmont Regional	0
8	Tynsborough	1
1	Tahanto Regional	0
2	Leicester	1
1	Tahanto Regional	1
0	Sutton	4
2	Monomoy Regional	0
3	Monument Mountain	2
3	Millbury	0
1	Northbridge	2

They also made a historic run in the Division IV State Tournament, knocking Monomoy Regional out in the round of 32, Monument Mountain in the round of 16, and Millbury in the round of 8. The team ended their season in a heartbreaking loss to Northbridge (1-2) in the semi-finals.

Despite the loss, the team accomplished so much throughout the season. Senior Neve Martin explained that their success can be attributed to the fact that the team "clicked this year unlike any other before."

The tight-knit team chemistry off the field translated to dazzling playmaking on the field. Through the midfield, players swiftly connected passes and switched the point of attack to create scoring opportunities. In the back, defenders won tackles and goalies made diving saves to stop teams from scoring. Starting goalie Ellie Manser earned 13 shutouts for the Tigers.

The girls that make up the team are talented Individuals. Seven girls were named League All-Stars; Neve Martin, Erin Proulx, Amy Proulx, Emily Mizzoni, Cadance Tracy, Norah Kobaly, and Kaylin O'Meara, who was also selected as a New England All-Regional player.

The girls soccer team will be graduating 8 seniors in the class of 2023 - Neve, Erin, Amy, Emily, Kaylin, Ava, Allie, and Cadance. Junior Kallie Ramistella explained to us how much the seniors will be missed on and off the field next year, "These girls have meant so much to us over the years and we can't thank them enough for everything. No doubt we'll miss them a lot!"

3

4. Emma Dressel ('25) dribbles past a defender. **5.** Emily Mizzoni ('23) fights for the ball and wins a tackle. **6.** Ellie Manser ('24) punts the ball after making a save. **7.** Giselle Kiernan ('24) dribbles up the field and looks for an open pass. **8.** Alex Corey ('26) kicks the ball up the field. **9.** Cadance Tracy ('23) dribbles through defenders.

"WE ARE A GROUP OF BEST FRIENDS."
- Erin Proulx ('23)

CAPTAINS' CORNER

Hear the inside scoop from your Girls' Varsity Captains.

EMILY MIZZONI

"Pool noodle tag at practice helped us win our games!"

KAYLIN O'MEARA

"The team chemistry is something I will always remember."

NEVE MARTIN

"My favorite memory was the hype in the locker room before our final four game."

AMY PROULX

"Our composure to come back and win in the round of 16 showed our strength as a team."

ERIN PROULX

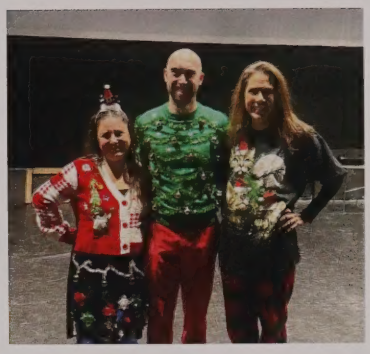
"One word to describe this season would be historic."

HOME SLEET HOME

WINTER HAPPENINGS

1. Senior boys of NHS help build snowmen for the Littleton Life Care Center. **2.** Junior boys brace the cold and have a snowy lunch outside. **3.** Mr. Allen and Max T.('23) compete in an intense battle of chess. **4.** LHS Band performs a wonderful show at the annual Holiday Bizarre. **5.** A Sophomore class gets a visit from The Grinch before holiday break. **6.** Ms. Elmore and Archie rock their mismatched outfits for Kindness Week. **7.** Mr. Smithlin and Mr. Comeau show off their holiday spirit.

FINAL
MIAA
4
LITTLETON
14
21
20



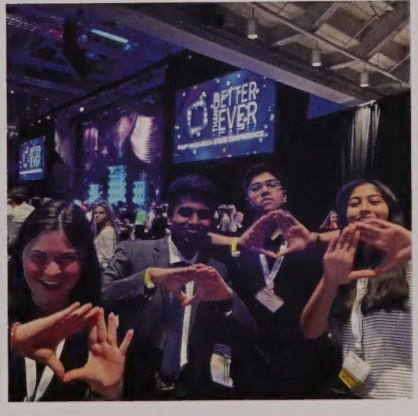
KIDS EAT FR

CENTRAL MASS
TOURNAMENT
CHAMPIONS

ALL THE
SINGL
LADIES

New Balance
LITTLETON

MIAA
CHAMPIONSHIP
MIAA
PLYMOUTH BAY
ORTHOPEDIC
ASSOCIATES, INC.
PBORTHO.COM | 781-934-2400
MIAA

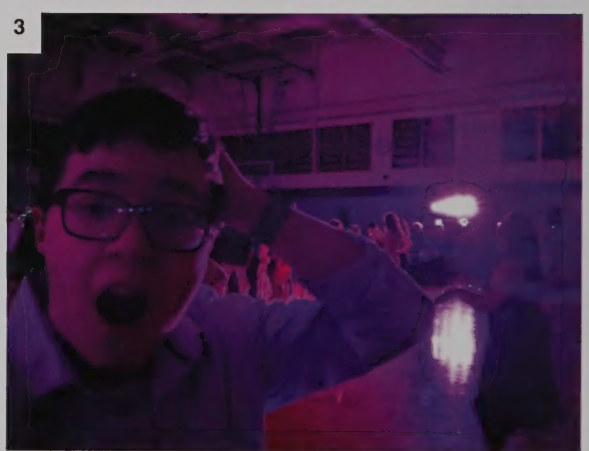

BETTER
EVER

SEMI-FORMAL

1

2

3



Dance The Night Away!

1. Students Sam, Link, and Jamie show off their musical talent at the dance. **2.** Senior girls pose for the camera **3.** Student shocked at the absolute thrasher in th LHS gym.

1

2

3

4

A Night To Remember!

1. Sophomores Olivia Olson and Reaghan Donovan take a photo before the dance. **2.** The O'Brien sisters ready are to dance! **3.** All dressed up and ready for a night of fun! **4.** Seniors Brian Marrese, Kaylin O'Meara, and Justin Manno pose with glow sticks. **5.**Seniors Timmy Jean and Cadance Tracy flick up in the gym. **6.** Group of sophomores and juniors take a picture. **7.** Justin Manno hangs from the rim. **8.** Reaghan Donovan and Olivia Valle use props in the photo booth.

5

6

7

8

MADDY SHEA

"Best night of my life."

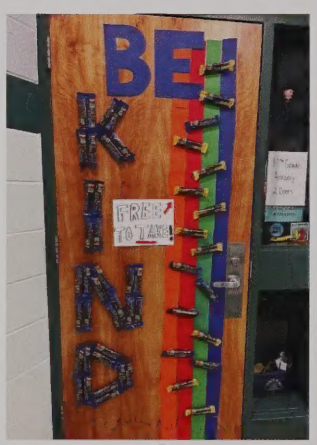
KIERA MIGLANI

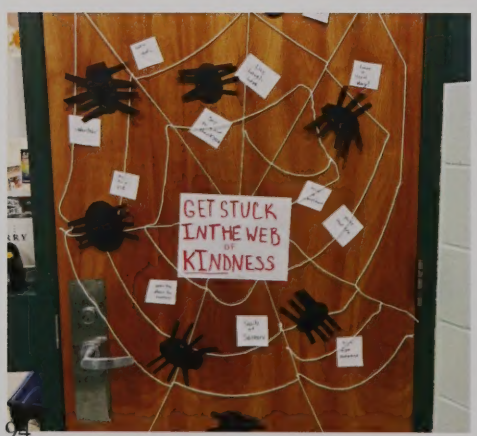
"That night was a movie."

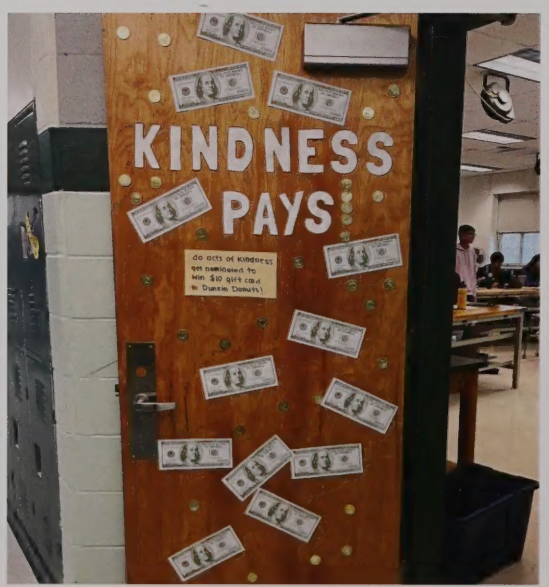
ARAV ARORA

"I used to pray for times like this!"

KINDNESS WEEK



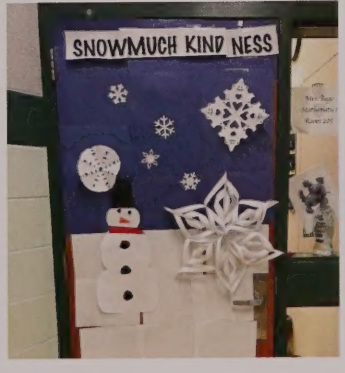




SPRINKLE
on
some
KINDNESS

KERNIN'
AND
BURNIN'
WITH
kindness

SPREAD
KINDNESS


SNOWMUCH KIND NESS

OFF TO SPAIN!

1

Itinerary:

Madrid!
- *Plaza de España*
- *The Cathedrals*
- *Museo Nacional del Prado*

Salamanca!
- *Bullfighting ranch*

Toledo!
- *Sword making shop*
- *El greco and the aqueduct*

Segovia!
- *Alcázar Fortress*

Barcelona!
- *La Sagrada Familia*
- *Bike tour*

2

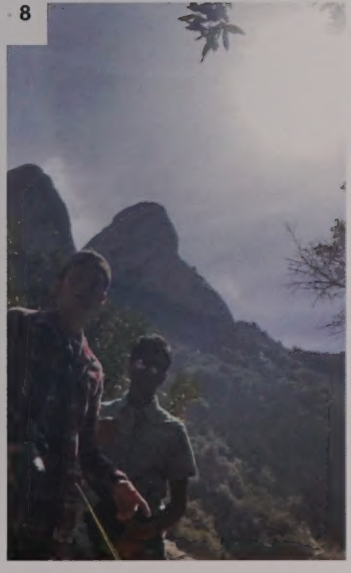
3

Hola! ¿Cómo estás?

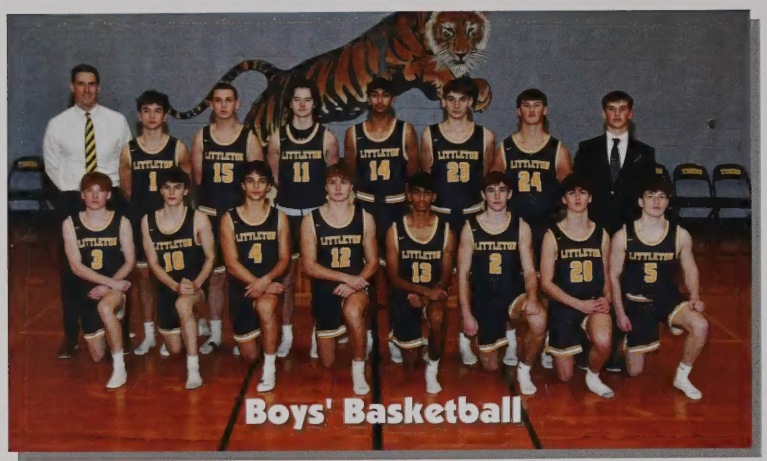
1. View of the whole city of Toledo! **2.** The Royal Palace of Marid! **3. Olay!** Learning how to bull fight from an actual bullfighter!

"Highlight of the school year!!"

1. Me & My Chicas! Belle, Lindsey and Amelia pose in the middle of Madrid. **2. Pretty!** Gorgeous picture of the sun setting over the pond at the park. **3.** Senorita Duffy and her group pose for a picture by the sea! **4.**Biking around Barcelona was so much fun! **5. How Glorious!** The inside of La Sagrada Familia. **6. Cheese!** Selfie in Spain! **7.**The whole group at Mt. Montserrat. **8. On the mountain!** Devin and Harish take a selfie on Mt. Montserrat. **9. La plaza de toros!** Cute picture in front of the old, but stunning bull ring.



WINTER SPORTS



Back Row: Stouks, Justin Manno, Max Smith, John Woodward, Arav Arora, Carter Dionne, Andrew Milner, Zach Milner
Front Row: Miles Blaine, Jason Mansour, Evan Manno, Thaddeus Hunt, Ranit Sinha, Brian Marrese, Liam Smith, Mark Frisoli

Back Row: Coach Nick Fontanella, Mikey Shufrin, Jack Young, Luke Duhamel, Liam Smith, Theo Mitrano
Front Row: Ben Manickam, Ethan Mugisa, Rohan Sundaresan, Tyler Branco, Raymond Chen

Back Row: Coach Rick Hastings, Coach Stephanie Gentile, Olivia Olson, Kate Allen, Kaylin O'Meara, Ellie Manser, Coach Stephen Gentile
Front Row: Katherine Anjoorian, Norah Kobaly, Victoria McCoy, Emily Mizzoni, Brooke O'Brien, Lindsey Barbella

Back Row: Aspen Corby, Julia Michaels, Audrey Doyle, Ava Corby, Coach Stephanie Gentile
Front Row: Giselle Pereira, Faith Webb-Jones, Olivia Gordon, Violette MacNeil, Macie Bast

Not Pictured: Eva Leimantaite, Sophie Blaine, Emma Dressel

Back Row: Ethan Dangle, Joe Donahue, Ryan Johnston, Henry Wengal, Evan Piekos, Paul Doyle, Ethan King, Thomas Welborn, Nathan Smith, Coach Kevin
Middle Row: Coach Wilson, Finn Piekos, Drew Romeo, Tyler Edwards, Gavin Werling, Andrew Archer, Zach Lizotte, Jake Taglieri, David Ming, Tyler Protua
Front Row: Liam Glew, Jacob Dangle, Charles Becker, Luke Buretta, Connor Glew

Back Row: Joe Donahue, Henry Wengal, Jack Dunn, Evan Mackay, Andrew Leduc, Teddy Mitrano
Middle Row: Coach Wilson, Finn Nichols, Bryan Berry, Mazen Eldradier, Joe Weborn, Connor Parks, Jac Cormier, Kolby Lewis, Justin Lefebvre, Coach Kevin
Front Row: Drew Romeo, Jacob Dangle, Luke Buretta, Jack West, Artem Gukasova

Erin Conlon, Nina Scaramucci, Reaghan Donovan, Samantha Li

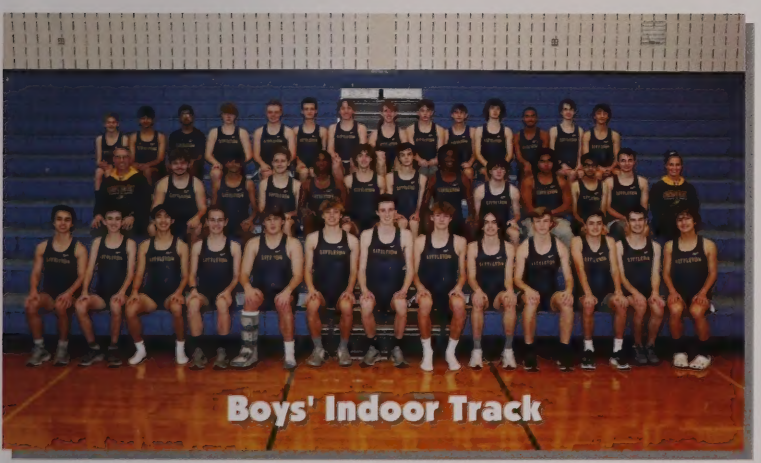
Izzy Rimbach, Dorothy Galvin, Belle Field, Kiera Tucker, Kailey Hannon, Maggie Crowley

Back Row: Ella Bergeron, Kate Ferreira. Lindsey MacDonald, and Aarya Wachasunder
Front Row: Laci Oborski, Joseph Kennedy, Kathryn Kulchuk

Not Pictured: Nathaniel Philbin

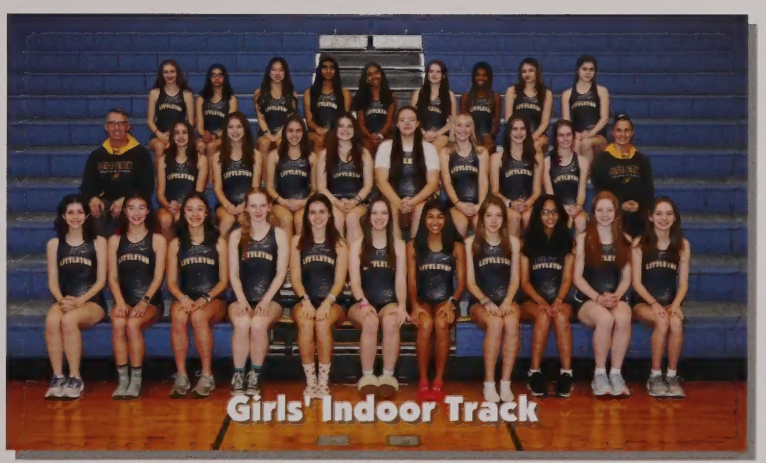
Drew Gray, Samsom LaPenta, Callum MacNeill, Evan Schocklin

Kiera Miglani, Neve Martin, Maeve Tule, Julianna Magin, Dylan Kaplan, Abigail Reid



Back Row: Jace Evans, Ridit Karnati, Haaris Khan, Charlie Badaracco-Hemmis Brady Morvay, Jason Juels, Andrew Protasowicki, Tom Rank, Connor Parks, Jayden Graf, Aaron Leduc, Jaeden Barnes, Colin Orton, Alexander Friedman
Middle Row: Coach K, Landon Palmer, Prathik Pradeep, Ian Dunn, Mubeshire Bradshaw, Tim Rank, Denis Ryzi, Bona Bradshaw, Liam Gibbons, Alejandro Horton, Aum Patel, Thomas Kinney, Coach
Front Row: Ryan Rawa, Spencer Caouette, Jaihuai Kang, John Feltus, Luke Laferty, Charlie Martin, Aiden Doyle, Evan Cherry, Paul Neary, Niall Copp, Ben Shufrin, Tyler Castillo

Not Pictured: Maxime Thouy



Back Row: Maddy Painter, Suhani Kumar, Bella Ming, Laaysa Barla, Diyanshi ??, Olivia Hawthorne, Chabenta Bradshaw, Daniella Rawa, Rachel Holland
Middle Row: Lena Dinoia, Emma Follows, Raquel Rodriguez, Alexandra Silks, Margaret Berlinger, Amelia Taylor, Savannah Liles, Erin Regan
Front Row: Amy Morana, Giselle Keirnan, Rachael Friedman, Charly Painter, Amy Proulx, Chloe Corrow, Prianka Sarathy, Kaylyn Cleary, Bhuvana Pratapa, Ella Gearty, Abby Reid

"GET A BUCKET!"

1. Sophomore Evan Manno looks to pass. **2.** Junior Andrew Milner goes up for the opening tip-off. **3.** Sophomore Miles Blaine puts up a triple over a defender.

1

2

PEAKS AND VALLEYS

The Tigers had a rough start to the season, facing many challenging opponents and struggling to find their rhythm on the court. Earning only a few wins and several losses, it seemed like the team was destined for a disappointing season.

Despite the setbacks, the boys didn't give up. They continued to put in work in practice, focusing on their individual skills and teamwork, and gradually started to show signs of improvement. They began to communicate better on the floor, making more effective passes and taking smarter shots. As the season progressed, the team's efforts began to pay off. They started playing with more confidence and determination.

In the CMass tournament, the 7th seed Tigers upset a very good 2nd seed Tyngsborough team and advanced to the next round. Their defense improved, and the offense began to flow. The team continued their hot streak against 6th seed Tahanto in the next round, pulling off another upset in a 20-point rout of the Stags.

Although, ultimately, falling to a talented 1st seed Clinton squad in the championship, the team had come a long way from where they started. Though they didn't make the state playoffs, they won several impressive games and proved they could hold their own against tough opponents. Despite the challenges they faced, the team showed that they were capable of achieving great things through dedication and hard work. They came a long way, and their progress during the season was something to be proud of. Watch out for the Tigers next year!

SEASON SCOREBOARD

North Middlesex
Ayer-Shirley
Ashland
Gardener
Groton-Dunstable
Maynard
Hudson
Lunenburg
Quabbin
Clinton
Maynard
Hudson
Tyngsborough
Quabbin
Lunenburg
Tyngsborough
Tahanto
Tyngsborough
Tahanto
Clinton

3

1

"THE DOUBLE SCARE!!!"

2

1. Senior Justin Manno takes it to the hole. **2.** Senior Mark Frisoli activates his lockdown defense. **3.** Captain Brian Marrese (floor general) observes the defense. **4.** Junior Jason Mansour comes off the P&R. **5.** Senior Max Smith goes up and under for a smooth layup. **6.** Senior John Woodward rises above the defense for a floater.

3

4

5

6

SENIOR CAPTAINS

Meet the captains!

JUSTIN MANNO

#1 PG

BRIAN MARRESE

#2 PG/SG

JOHN WOODWARD

#11 PF/SF

MAX SMITH

#15 PF/C

"GET ON THE FLOOR!"

1. Victoria McCoy ('24) dribbles up the court. **2.** Norah Kobaly ('24) rips past the defender towards the basket. **3.** Junior, Katherine Anjoorian, squares up the the basket and looks for a pass.

1

2

SPLASH ZONE

GIRLS BASKETBALL DOMINATES

The girls basketball team finished their season with an overall record of 18-6; one of the programs best records in many seasons.

After losing to rival team, Tyngsboro, 3 times during the season, the girls were faced with the challenge of playing them one final time in the Round of 8 of the DIV State Tournament. With a Final Four title on the line, the lady tigers fought relentlessly for 32 minutes, overcame the odds, and won the game to make it to the Semi Finals! Beating the 2nd seed as the 7th seed was the perfect revenge.

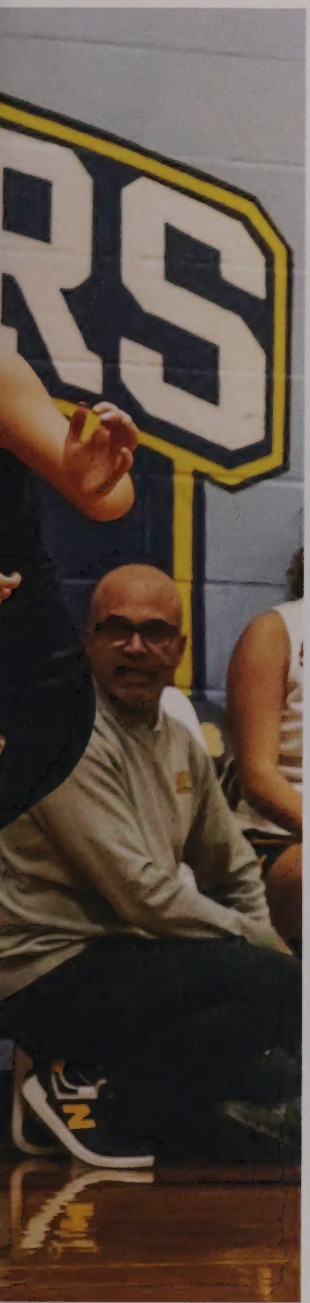
They ended their season on a tough loss to Wahcona in the semi finals, but should still be proud of all of the accomplishments and fun they had throughout the season. Individual accomplishments consist of Juniors Victoria McCoy and Kate Allen who were named League All-Stars and Senior Kaylin O'Meara who was named League Co-MVP.

The team's love for one another translated to exceptional plays on the court, but also lively get-togethers outside of basketball. Their team trips at restaurants such as Shake Shack, Peppercorn's, and Bamboo brought countless laughs and memories that will last a lifetime. Seniors Emily Mizzoni, Lindsey Barbella, and Kaylin O'Meara will be graduating this year and are so thankful for all of the amazing memories and lessons this program has given them.

SEASON SCOREBOARD

US		THEM
42	North Middlesex	38
66	AMSA	33
52	Clinton	10
73	Ayer Shirley	26
55	West Boylston	48
49	Groton Dunstable	30
56	Maynard	25
57	Hudson	49
49	Lunenburg	24
40	Quabbin	45
55	Clinton	25
40	Tyngsborough	47
48	Maynard	35
47	Hudson	59
44	Quabbin	37
56	Lunenberg	45
38	Tyngsborough	59
53	Oakmont	28
66	Hopedale	41
28	Tyngsboro	45
59	Mahar	35
52	Millbury	40
46	Tyngsborough	37
35	Wahconah	86

3



"THE TEAM THAT BELIEVED."

- Assistant Coach G

1. Emily Mizzoni ('23) dribbles to the hoop for a layup. **2.** Olivia Olson ('25) dribbles up the court. **3.** Teammates Lindsey Barbella ('23) and Olivia Olson ('25) high five Kaylin O'Meara ('23) while she is shooting free throws. **4.** Brook O'Brien ('25) scans the floor for a pass. **5.** Forward Kate Allen ('24) dribbles past her defender and drives to the basket. **6.** Senior point guard, Kaylin O'Meara, dribbles with a defender on her.

"GO TO WORK!"

SENIOR SPOTLIGHT

Meet the Seniors!

EMILY MIZZONI

KAYLIN O'MEARA

LINDSEY BARBELLA

1. Pregame Talk. The boys meet around the goal to get ready for the upcoming game. **2. Keep Fighting!** Sophomore Ethan King fights to keep the puck away from the other team **3. Shoot!** Junior Ryan (RJ) Johnson passes the puck to Ethan King to get a goal!

"LET'S GOOO #8"

1

2

ON THE RISE

Season Summary

This season, the Littleton -Bromfield Tigers did awesome! They made it to playoffs but, unfortunately, their season fell short.

Throughout their season they won 14 games! They even played in the CMADA tourney and claimed their first-ever sectional championship title of the Class C Champions!

Littleton players, senior Tyler Edwards and freshman Paul Doyle, and Bromfield players, Charles Becker, Zach Lizotte, Conor Glew, and Liam Glew, were named the Coughlin Conference All Stars. Tyler Edwards was also awarded the MVP award!

Even with a team full of underclassmen, the Tigers dominated the Coughlin Conference, winning the league with a record of 11-1 for the first time since 2016.

The team is looking forward to their upcoming season and they are hoping to dominate again!

SEASON SCOREBOARD

US		THEM
6	St. Bernard's	3
3	Lunenburg	0
5	Gardner	2
2	Oakmont	0
4	Fitchburg	3
2	Grafton	8
3	Worcester	1
3	Dracut/Tyngsboro	9
3	Northbridge	5
3	Lunenburg	0
2	East Longmeadow	4
1	Dedham	2
4	Oakmont	2
2	Fitchburg	1
4	St. Bernard's	2
2	East Hampton	6
3	Blackstone Valley	2
1	Gardner	2
8	Luneburg	1
5	Gardner	1
3	Ashland	4

"COACH KEV, GIVE ME A BEV."

3

"WE'RE A TALENTED GROUP. WATCH OUT NEXT YEAR."

- Tyler Edwards ('23)

1

2

1. Celebrate! Senior Tyler Edwards hugs his teammate after getting a goal!. **2.Goal!** Freshman Gavin Werling goes down the bench to celebrate with his team after scoring a goal! **3. Whose Open** Junior David Ming looks up to pass to puck forward **4. Push Through!** Freshman Paul Doyle pushes through the other team to get the puck back to his teammates **5. Skate!** Senior Henry Wengal Skates down the ice to get open . **6. Get Open!** Senior Tyler Edwards takes the puck and looks for a teammate to pass to. **7. I'm open!** Freshman Andrew Archer gets open for a pass to be able to shoot and get a goal.

3

4

5

6

7

SENIOR SPOTLIGHT

What is your favorite position to play?

HENRY WENGAL

"Defense"

TYLER EDWARDS

"Forward"

"Who's your daddy on 3."

1. Max Thouy, Liam Gibbons, Ty Castillo, and Ben Shufrin pose before a relay race. **2.** Tim Rank and Bona Bradshaw race to the finish line. **3.** Andrew Protasowicki gets ready to launch!

1

2

READY? GET SET

BOYS INDOOR TRACK

This year for boys indoor track was absolute success, just like many other years. Not only were they the D5 State Champs for a second year in a row, many members put forth record-setting performances.

Bona Bradshaw was all business while on the racetrack this season. Bona set the record for the fastest time at the 2 mile race. Bona's time of 10:02.30 easily captured him the championship in that event.

Along with Bona, Timothy Rank and Tyler Castillo earned their own titles as well. Tyler showed impressive speed running the 55 meter in 6.77 seconds, making him the D5 55 meter champion. Last, but certainly not least, Tim Rank ran a 4:21.88 mile making him the D5 1 mile champion.

This season for indoor track was definitely one for the record books, and the seniors' leadership certainly played a big role. Reflecting on the season's accomplishments, Coach K said "These Seniors have never lost a meet; 20-0, won 2 state champions, 3 districts championships, and 4 league titles. Their leadership and skills are the reason we continue to be so successful."

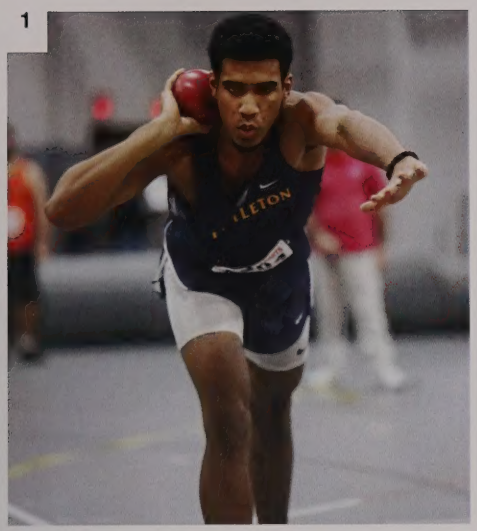
Here's to hoping for more of the same next year!

SEASON SCOREBOARD

US		THEM
89	Gardner	9
89	Quabbin	9
65	Lunenburg	25
83	Hudson	8
60		31

3

1



"IT'S THE FITCHBURG AIR."

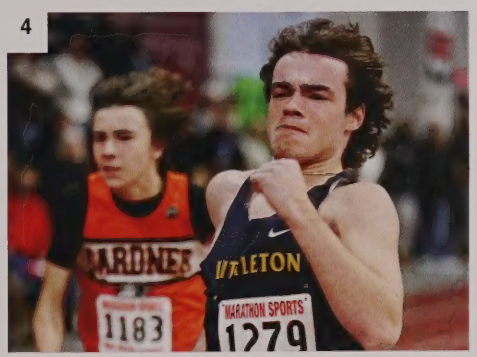
- Mubeshire

2

1. Max Thouy eyeing the prize. **2.** Charlie Martin blowing away the competition. **3.** Paul Neary finishing the lap. **4.** Liam Gibbons running with a face of determination **5.** Evan Cherry turning the corner on the final lap. **6.** Niall Copp finishing the victory lap.

3

4



5

6

MEET THE CAPTAINS

Reflect on your season.

PAUL NEARY

"Thank God for our amazing coaches."

BONA BRADSHAW

"A small town but big heart."

NIALL COPP

"We came, we saw, we conquered."

JOHN FELTUS

"6 years later and I have scored a record 3 points."

1.Hurdle those hurdles! The girls jump over the hurdles to get to the finish line. **2. Say victory!** Emma Follows ('25), Captain Amy Proulx ('23), Amelia Clark ('25), and Captain Charly Painter, pose after winning their race. **3.Run! J**unior Gissele Kiernan races the baton to the finish line. **4. Take Off!** Amelia Clark takes off to get ahead of her opponents. **5. Finish Strong!** Senior Prianka Sararthy makes the final turn before finishing her race!

1

2

ONE TRACK MIND

Season Summary:

The Girls Varsity Track team had a great season. Throughout the season, the girls had many PR's which helped them qualify for the Division 5 State meet!

Seniors Prianka Sarathy and Amy Proulx, along with junior Giselle Kiernan and sophomore Emma Follows, made it to "The Meet of Champions", also known as the All-State Meet, for the 4x400m. Prianka also ran the 1000m.

The girls placed 2nd in the league meet and at the district meet.

Towards the middle of their season, the girls had their first annual "Holly Jolly" practice. They got to the school at 6 AM to kick off their holiday break by having a meditation session, yoga flow, dance party, and also had some breakfast treats and hot cocoa! This was a great bonding experience for the girls. Throughout the season, the girls also went to Shake Shack after their meets and had some themed practices, like twin day and Christmas clothes, to get them even closer together!

The girls had a fantastic and fun season and are excited to see what they can do during the outdoor season.

SEASON SCOREBOARD

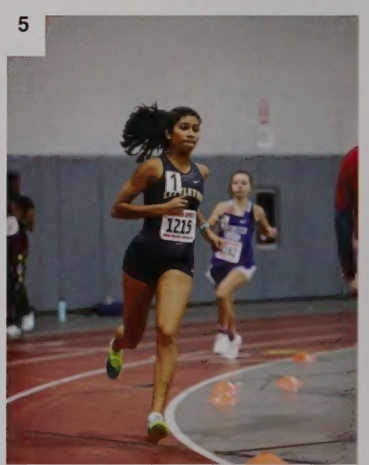
US		THEM
76	Gardner	14
68	Quabbin	23
34	Lunenburg	57
83	Hudson	8
81	Oakmont	9

"1... 2... 3... TIGERS! AWOOO!!"

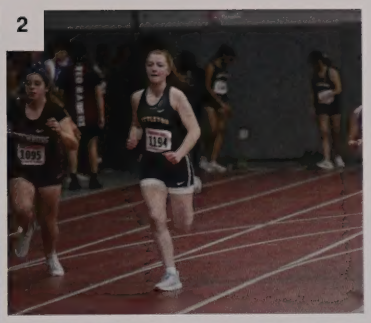
3

4

5



"RUN FAST. JUMP STRONG. THROW FAR. WORK HARD. HAVE FUN. BE COOL."



1. Keep Going! Abby Reid ('24) strides to finish the race with Erin Reagan ('25) following not far behind her!. **2. You can do it!** Junior Ella Gearty pushes herself to win her race **3. Stick!** Sophomores Raquel Rodriguez and Lena Dinoia pass the baton to win the relay. **4. Jump!** Freshman Chabenta Bradshaw, clears the pole **5. Freshman Spirit!** Diyansha Rout takes off down the track. **6.Throw!** Junior, Alex Silks, gets ready to throw the shot put. **7. Ain't Nothin Gonna Break My Stride!** Senior Kaylyn Cleary keeps a steady pace **8. Win!** Senior captain, Prianka Sarathy leads the pack to win the race. **9. Hand Off!** Lena DiNoia passes the baton to Savannah Liles.

MEET THE CAPTAINS

What is your favorite event to compete in?

AMY PROULX

300

RACHAEL FRIEDMAN

4x8 relay

CHARLY PAINTER

4x2 relay

PRIANKA SARATHY

1,000

ALPINE SKIING

Collaborative with Lunenburg High

1

2

3

4

5

6

MEET THE SENIORS

NEVE MARTIN

ANDREW GRAY

KIERA MIGLANI

MASTERS OF THE MOGULS!

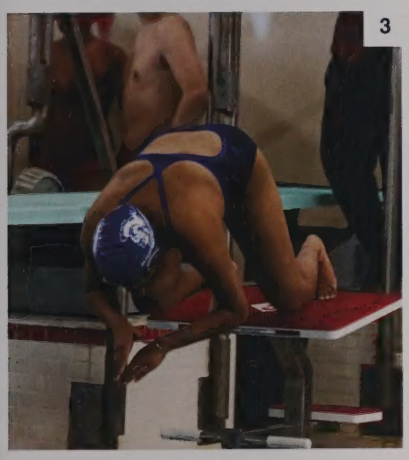
1. Senior Neve Martin looks to capture first place as she flies down the mountain. **2.** Kiera M. ('23) cuts it close to the flags. **3.** Samson L. ('25) fights his way through the course. **4.** Dylan K. ('25) picks up speed on a straightaway. **5.** Senior Captain Drew G. races down the slope in record time. **6.** Littleton students breakaway from the rest of the team and pose for a photograph.

SWIMMING

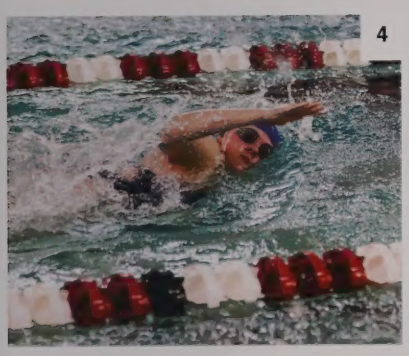
Collaborative with Bromfield High

1

2



3



4

5

6

DIVE ON IN!

1. Push! Senior Kate Ferreria does a quick back stroke to get a good time in her race **2. Dive!** The Littleton-Bromfield Team goes for a dive to get ahead of their opponents! **3. Go!** One of the girls pushes of the starting board to get into the race. **4. Don't Give Up! 5.** Joseph Kennedy ('24) has mastered the butterfly. **6. Stay Strong!** Senior Lindsey McDonald pushes her way through the water to get an amazing finish time!

MEET THE ATHLETES

What's your favorite event?

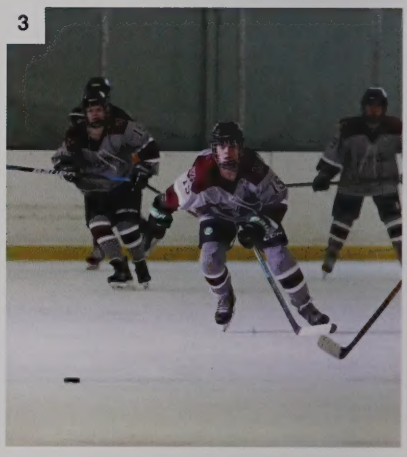
LINDSEY MCDONALD
Backstroke

KATE FERREIRA
Backstroke

JOSEPH KENNEDY
Butterfly

GIRLS' ICE HOCKEY

Collaborative with Westford Academy



IN THE ZONE!

1. The girls get the puck away from their goalie. **2. Protect the net!** Senior captain Belle Field blocks the opposing team from getting by. **3.** Westford Academy has their eye on the prize! **4.** Junior Kailey Hannon brings the puck to score. **5.** What a save! **6.** The Grey Ghosts put their opponents to sleep.

MEET THE ATHLETES

What position do you play?

BELLE FIELD
Center

DOROTHY GALVIN
Defense

KAILEY HANNON
Forward

GYMNASTICS

Collaborative with Groton-Dunstable

LHS STICKS THE LANDING!

1. Sammy ('26) strikes a pose for the camera during her beam routine. **2.** Senior captain Nina is smiling with underclassmen Reaghan and Sammy after winning second place at their sectionals meet. **3.** Sophomore Sammy and her teammates stand for the national anthem. **4.** Reagan ('26) was caught in mid-air doing the splits during her beam routine. **5.** Nina ('23) takes a pause as she collects herself for dismount during her beam routine. **6.** Sophomore Reagan prepares for her final tumbling pass to finish off her floor routine.

MEET THE ATHLETES

What's your favorite event to compete in?

NINA SCARAMUCCI
Beam

ERIN CONLON
Bars

REAGHAN DONOVAN
Vault

SAMMY LI
Vault

SPRING TO THE FINISH

SPRING HAPPENINGS

1. The LHS Drama Club put on a stunning version of the musical *Chicago* under the leadership of Mr. DeCoste. **2.** Anand M. ('24) lets one fly and helps lead Track & Field to another victory! **3.** In the first ever Environmental Club Cook Off Challenge, Jax B. ('23) explains the seniors' dish to the judges. **4.** Even the Littleton Fire Department couldn't be kept away from viewing *Chicago!* **5.** The freshmen team for the Cook Off Challenge struggle with how much olive oil to use. **6.** Arav A. ('23) and Mrs. Moore dress as Luigi for Seniors' Mario themed day. **7.** It's the seniors on the baseball team!

LITTLETON
TRACK + FIE
2023

MARCH MADNESS!

1

2

3

WE'VE GOT SPIRIT!

1. The Junior representatives for the tug-o-war all high five after winning! **2.** Seniors John W & Mark F show off their class spirit. **3.** Seniors Justin M & Nina S dress as Thousand Island dressing! **4.** Senior Amy P uses a recycling bin as her backpack! **5.** Max S helps the seniors gain points during spirit week with his bucket backpack. **6.** Junior class advisors Mrs. Kern & Mrs. McCook add to their Hollywood themed hallway.

4

5

6

PUMPED UP!

1. Mr. DeCoste starts the pep rally off with a bang! **2.** The classes compete in the Hungry-Hippo for their final points! **3.** Senior Justin M pushes senior Brady D to his next class. **4.** Mrs. Moore & Arav A twinning in their Luigi outfits! **5.** The seniors winning hallway theme was Mario Kart! **6.** Senior John F with his briefcase on anything but a backpack day. **7.** Senior friends Emily M & Kaylin O show off their island spirit. **8.** The freshmen representatives for the tug-o-war challenge **9.** Junior team Mubeshire B & Justin L race to mummify Mr. Smithlin. **10.** Sophomore team Macie B & Violet M win the mummy wrapping challenge with Dr. Finnerty! **11.** Sophomore Sohana S taking a ride in her bike stroller!

CHICAGO

1

2

3

4

5

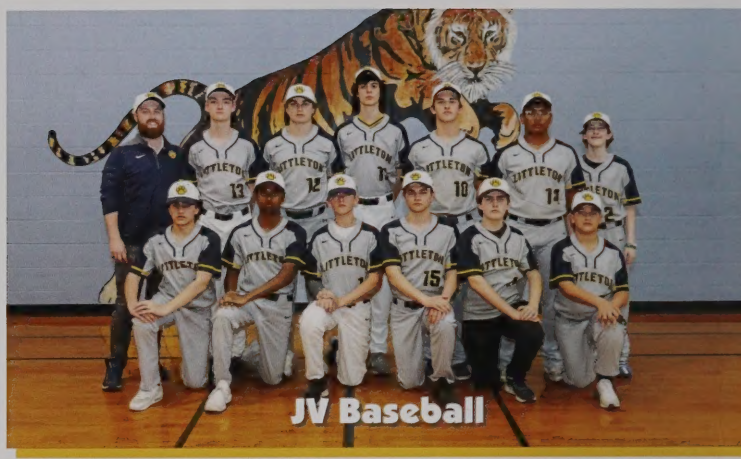
RAZZLE DAZZLE 'EM

1. Let's See Those Jazz Hands! The troupe finishes a strong dance sequence led by Mia Clements ('25). **2. Ready to Breakout!** It's going to take more than bars to hold back Isabel ('25), Abby ('24), and Kaylin ('23). **3. So Much At Stake!** Members of the courtroom play close attention to the trial. **4. Sisters in Turmoil!** Lisa H. ('24) and Mia C. ('25) share a tense moment. **5. In Billy We Trust!** Senior lead Declan Reidy closes out an impressive and visually dynamic song.

HE HAD IT COMING!

SPRING SPORTS

Back Row: Jayden Graf, Teddy Hunt, Andrew Milner, Denis Ryzi, Evan Montgomery, Jack Redmond
Front Row: Jack West, Michael Shufrin, Brady Morvay, Ryan Graf, Jason Juels, Paul Doyle, Benjamin Shufrin, Drew Gray, Will Lizek

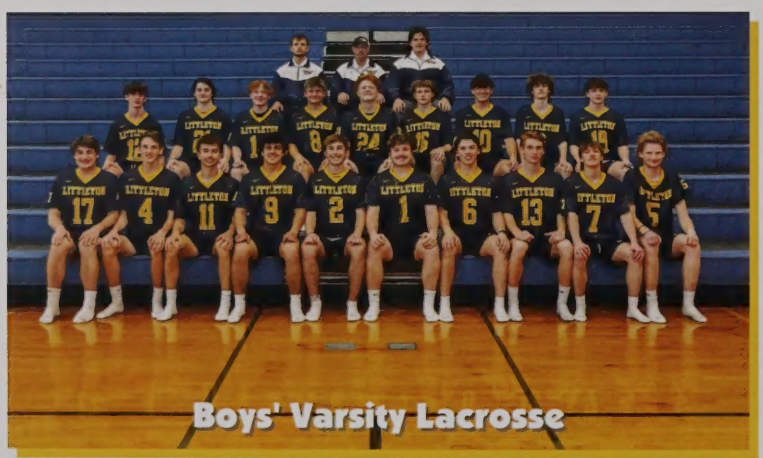


Back Row: Jason Juels, Teddy Hunt, Denis Ryzi, Zach Milner, Yaksh Patel, Cameron Tully
Front Row: Benjamin Manickam, Harish Siddarth Ganesh, Jack West, Thomas Kinney, Elliott Kinney, Colton Corey

Back Row: Mark Magdalin, Jacob Arimento, Sam Little, Evan MacKay, Vedanta Sharma, Manthan Acharya
Front Row: Sean Neary, Nick Stallings, Shaun Shibu, Jackson Little, Areen Panda

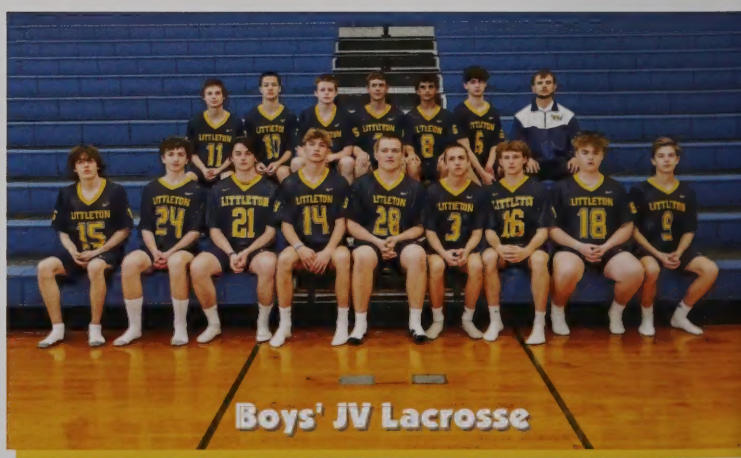
Back Row: Coach Liz Arimento, Stella Cahill, Anika Jacob, Sohana Sachdev, Julia DiNoia, Isabelle Cahill, Coach Jane Kotoff
Front Row: Olivia Hawthorne, Erin Coykendall, Kate Ferreira, Jaime Sundberg, Ruby Hider

Not Pictured: Isabelle Field



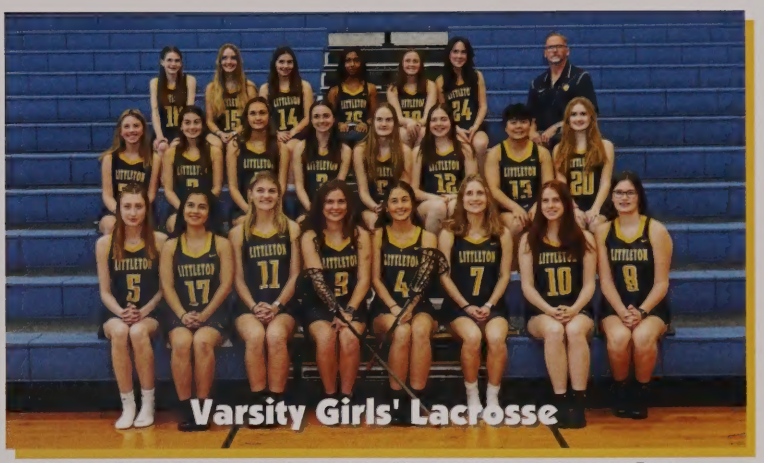
Back Row: Liam Smith, Andrew Leduc, Miles Blaine, Matt Clark, Ryan Johnson, Tanner Neufell, Brendan Laferty, Jameson Hegarty, Jake Taglieri
Front Row: Luke Laferty, Tim Sturtz, Justin Manno, Alex Delorenzo, Brian Marrese, Cam Noyes, Brady DeCoste, Greg DeChane, Connor MacNeil, Gage Carroll

Not Pictured: Samson LaPenta



Back Row: Jack Proulx, Nicholas Sloboda, Connor Parks, Ryan Pittorino, Andrew Archer, Dylan Colarusso
Front Row: Jack Midwood, Theodore Mitrano, Andrew Leduc, Nicolas Brooks, Kasey Keenan, Kolby Lewis, Tanner Neufell, Joseph Cormier, Brian DeChane

Back Row: Coach Allie, Ella Gearty, Annabelle Caouette, Kaitlyn St. Gelais, Maeve Tule, Maya Ruel, Alana DeLollis, Victoria McCoy, Coach
Front Row: Teressa Wright, Jillian Palmer, Katherine Anjoorian, Lindsey Barbella, Violette MacNeil, Faith Webb-Jones, Sadie Roberts



Back Row: Bridgit Stevens, Eva Leimantaite, Elizabeth Marrese, Diyansha Rout, Grace Manser, Maggie Crowley, Coach Sullivan
Middle Row: Sophie Blaine, Brooke O'Brien, Emma Dressel, Reaghan Donovan, Kailey Hannon, Olivia Gordon, Sammy Li, Hailey Rogers
Front Row: Olivia Olson, Kiera Miglani, Hannah Hoenshell, Neve Martin, Shea O'Brien, Emily Mizzoni, Amelia Rogers, Corinne Carroll

Roster: Madisyn Arthur, Sidney Babers, Laasya Barla, Margaret Berlinger, Chabenta Bradshaw, Kaylyn Cleary, Lena DiNoia, Jessee Flannery, Emma Follows, Rachael Friedman, Rachel Holland, Niyati Hotha, Dylan Kaplan, Jazmyn Kasey, Giselle Kiernan, Norah Kobaly, Suhani Kumar, Savannah Liles, Bella Ming, Amy Morana, Charly Painter, Bhuvana Pratapa, Amy Proulx, Erin Proulx, Daniella Rawa, Erin Regan, Abby Rose Reid, Izabel Rimbach, Raquel Rodriguez, Prianka Sarathy, Alexandra Silks, Amelia Taylor, Olivia Valle, Isabelle Williams

Roster: Arav Arora, Ishaan Arora, Bigya Badal, Binamara Badal, Charles Badaracco-Hemmis, Jaeden Barnes, Kaden Berger, Finn Bilodeau, Dylan Blom, Bona Bradshaw, Mubeshire Bradshaw, Tyler Branco, Spencer Caouette, Tyler Castillo, Evan Cherry, Niall Copp, Ian Dunn, Dylan Estrela, Jace Evans, John Feltus, Patrick Ferreira, Alexander Friedman, Mark Frisoli, Liam Gibbons, Jiahuai Kang, Ridit Karnati, Justin Kasey, Haaris Khan, Aaron LeDuc, Callum MacNeill, Charlie Martin, Anand Mehta, Brian Michaels, Paul Neary, Colin Orton, Cameron Pace, Landon Palmer, Aum Patel, Prathik Pradeep, Andrew Protasowicki, Thomas Rank, Timothy Rank, Evan Schocklin, Samuel Slavinsky, Zachary Slavinsky, Donovan Sor, Rohan Sundaresan, Henry Wengal, Jonah Yuen

Back Row: Sam Ledoux, King Proulx, Kyle Musomba, Jamie DeVogel, Dr. Turner
Front Row: Andrea Guillen, Alice Lovato, Adriana Guillen, Vivien Ledoux

1. Senior Ryan Graf winds up and delivers a fastball home. **2.** Denis R. ('24) utilizes a nasty sidearm delivery to fool the batter! **3.** Andrew M. ('25) comes down with the ball for an out. **4.** After reaching first, senior Will L. takes a lead and eyes second base. **5.** Brady M. ('24) makes a play deep in the hole and looks to first.

1

2

GOING ALL THE WAY HOME!

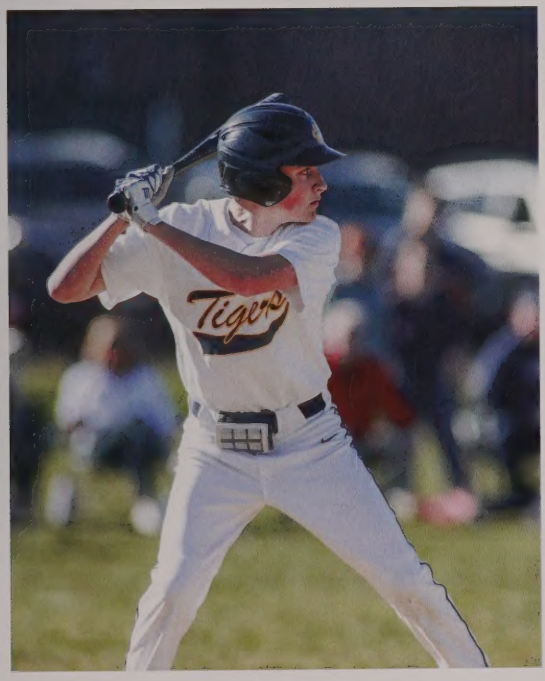
3

4

5

SEASON SCHEDULE

Groton-Dunstable
Tyngsborough
Maynard
Quabbin
Oakmont
Narragansett
Clinton
Lunenburg
Ayer-Shirley
Tyngsborough
Quabbin
North Middlesex
Oakmont
Tahanto
Lunenburg
Clinton



MEET THE CAPTAINS

ANDREW MILNER

RYAN GRAF

BENJAMIN SHUFRIN

1. Katherine A. ('24) goes all out to get the out! **2.** Victoria M. ('24) lets one rip. **3.** The outfielders meet up in center field after warming up in between innings. **4.** Senior Lindsey Barbella pitches a strike to gets the out. **5.** Kaitlyn S.-G. easily handles a tough grounder at the hot corner!

1

2

SWING, BATTER, SWING!

3

4

SEASON SCHEDULE

Tahanto
Groton-Dunstable
Tyngsborough
Maynard
Quabbin
Oakmont
Naragansett
Clinton
Lunenburg
Ayer-Shirley
Tyngsborough
Quabbin
North Middlesex
Oakmont
Lunenburg
Clinton

5

MEET THE CAPTAINS

MAYA RUEL

LINDSEY BARBELLA

1. Goalie Gage C. ('25) guards the net. **2.** Senior Justin M. has no problem beating his defender. **3.** Tim S. looks for an open man while on the run. **4.** Luke L. ('23) eyes his opponents and readies his next move. **5.** Matthew C. ('25) puts on the jets and blasts by the defender.

1

2

reLAX BROS!

3

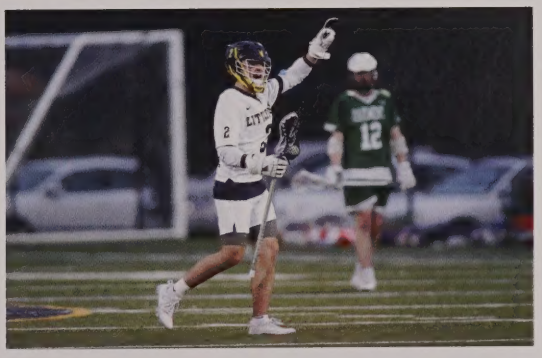
4

5

SEASON SCHEDULE

Leominster
Nipmuc
Weston
Oakmont
Hudson
Tyngsborough
Lunenburg
North Middlesex
Nashoba Valley
Oakmont
Hudson
Tyngsborough
Lunenburg
Assabet Valley

"If we play LITTLETON lacrosse NOBODY can beat us!"



MEET THE CAPTAINS

BRIAN MARRESE

CAM NOYES

1. Sophomore Brooke O. races up the field and puts a play in motion. **2.** Senior Captain Shea O. breaks away from her defender. **3.** Captain Neve M. ('23) fights her way through the crowd. **4.** Sophomore Emma D. pushes her way past her opponent. **5.** Senior Hannah H. weaves through traffic and breaks for the net.

1

2

LAX TO THE MAX!

3

4

SEASON SCHEDULE

Leominster
Fitchburg
Tahanto
Oakmont
Hudson
Tyngsborough
Lunenburg
North Middlesex
Fitchburg
Tahanto
Oakmont
Hudson
Tyngsborough
Lunenburg
Bromfield

5

MEET THE CAPTAINS

NEVE MARTIN

SHEA O'BRIEN

1. Patrick F. ('23) gets some air and hopes to clear the bar. **2.** Senior Paul N. effortlessly clears the bar, and does so in style wearing his shades! **3.** Evan S. ('25) takes flight and prepares for a sandy landing. **4.** Good luck keeping up with Bona... **5.** Seniors Max T. and Niall C. show everyone how to clear the hurdles.

1

2

NEVER STOP RUNNING!

3

4

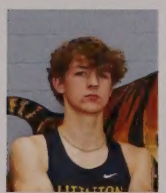
5

SEASON SCHEDULE

Gardener
Bromfield
Parker
Maynard
Tyngsborough
Clinton

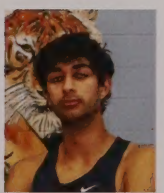
MEET THE CAPTAINS

ANAND MEHTA



EVAN CHERRY

PAUL NEARY



ARAV ARORA

NIALL COPP

1. Sophomore Amelia T. prepares to launch her discus. **2.** Senior Charly P. gets airborne! **3.** Prianka S. ('23) takes off and hopes to clear the bar! **4.** Freshman Chabenta B. takes to the sky and prepares for a soft landing. **5.** Members of the discus team take a moment to pause for a group photo.

1

2

TAKE TO THE SKY!

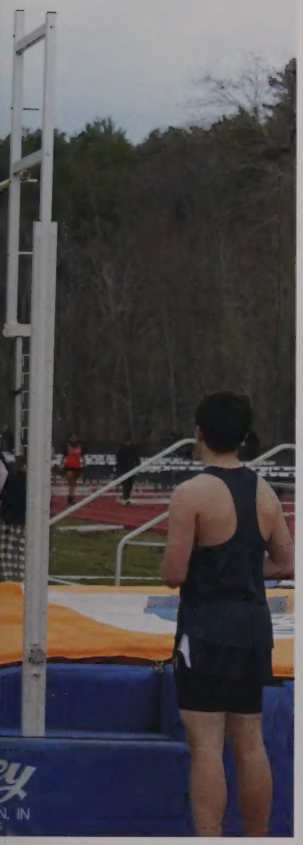
3

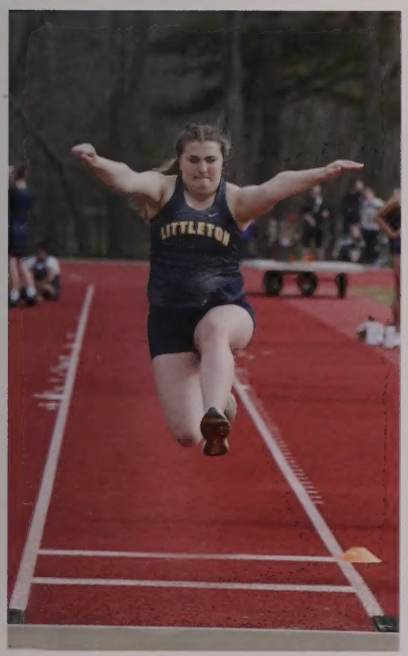
4

5

SEASON SCHEDULE

Gardener
Bromfield
Parker
Maynard
Tyngsborough
Clinton

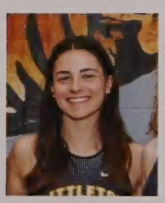




MEET THE CAPTAINS

PRIANKA SARATHY

GISELLE KIERNAN



AMY PROULX

CHARLY PAINTER

EMILY FRIEDMAN

1.Junior Samuel Little returns the volley. **2.** Senior Captain Vendanta S. readies the serve! **3.** Manthan A. ('24) keeps an eye on the ball. **4.** Evan M. ('25) returns a serve. **5.** Captain Jacob A. ('23) absolutely smashes a forehand!

1

2

IT'S ALL ABOUT THE ACE!

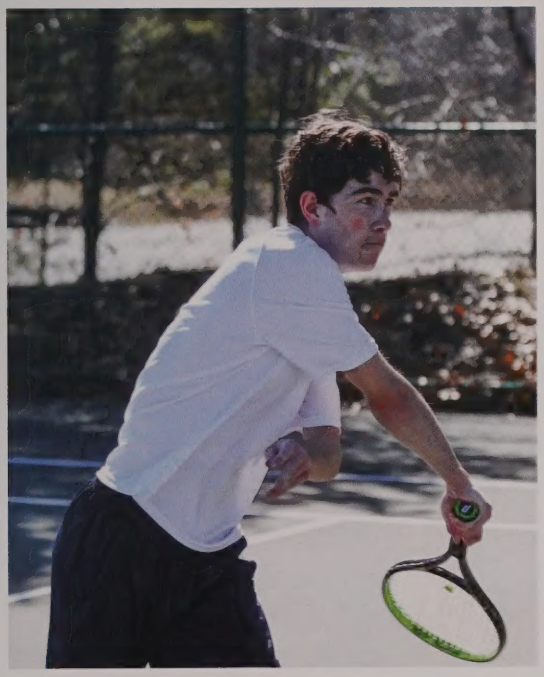
3

4

5

SEASON SCHEDULE

Groton-Dunstable
Bromfield
Leominister
Hopesdale
Tyngsborough
Grafton
Tyngsborough
Nashoba
Groton-Dunstable
West Boylston
Bromfield



MEET THE CAPTAINS

JACOB ARIMENTO

VEDANTA SHARMA

1. The girls sit in the best seat in the house: Erin's truck. **2.** The tennis van, the best way to get around! **3.** To start off the match, the Littleton girls tennis team bump rackets for good luck. **4.** Captain Ruby Hider serves the ball. **5.** The team commemorates their match with Mr. Eldredge as their sub coach!

1

2

SERVING UP PERFECTION!

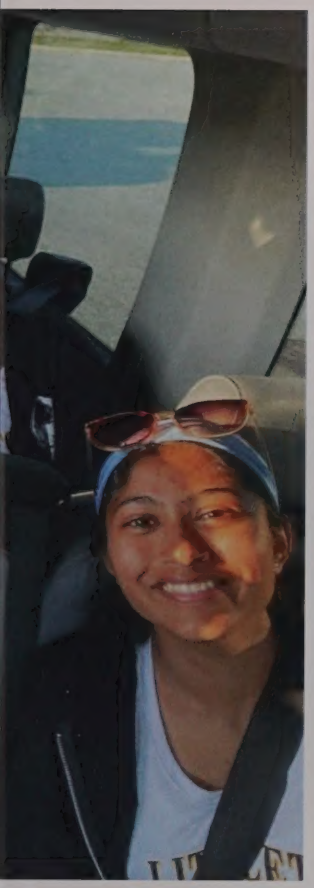
3

4

SEASON SCHEDULE

Fitchburg
Gardener
West Boylston
Tyngsborough
Marlborough
Clinton
Gardener
Leominster
West Boylston
Tyngsborough
Fitchburg
Groton-Dunstable
Clinton
Bromfield

5



"TENNIS4LIFE!"

MEET THE SENIORS

ERIN COYKENDALL

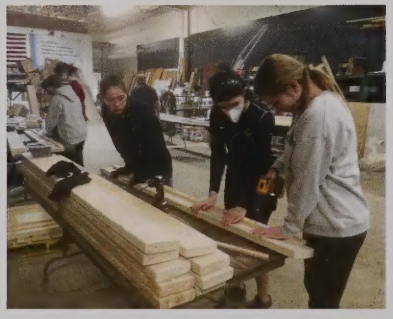
KATE FERREIRA

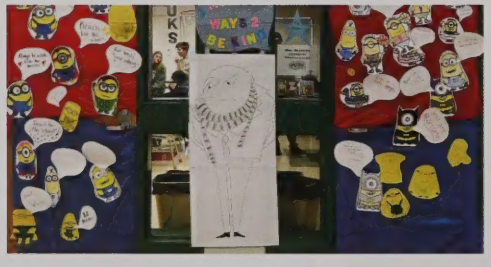
JULIA DINOIA

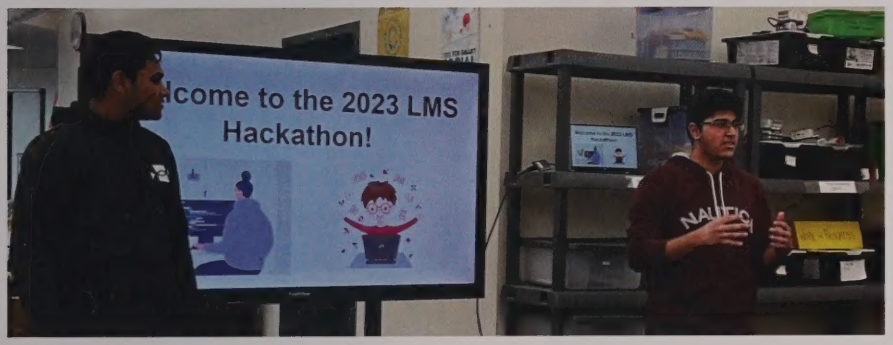
JAIME SUNDBERG

BELLE FIELD

Life at LHS

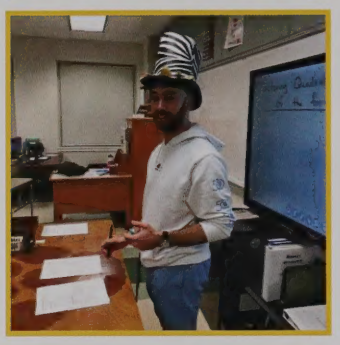


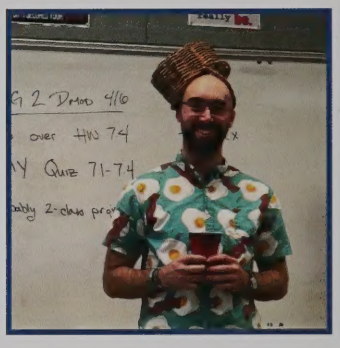




Only in Littleton

Mr. DeCoste's Half-Day Hats...Yes, really!

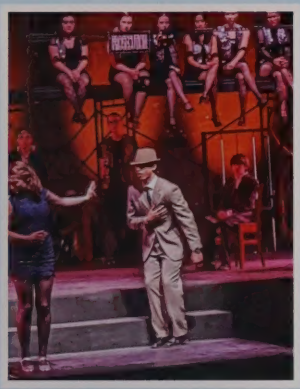




Congratulations to the CLASS OF 2023!!!

PARENTS' CORNER >

CONGRATULATIONS BRADY!



Stronger Together

F.R.O.G.

143

Some days are going to be harder. Some days are going to hurt more. Some days you will want to give up. Some days you might even give up. But there's always TOMORROW. Get up and show everyone what you're here to do. Life is a journey. Not always easy but always WORTH IT. We hope you believe in yourself as much as WE believe in you. We can't wait to see all that's in store. Lamentations 3: 22-23

Love, Mom, Dad, Brendan and Janie

Congratulations Mary! We are so proud of the amazing, talented, smart, sweet, funny and kind young woman you have become. We are so excited for you as you begin this next chapter in your life. Love, Mom, Dad, Maggie, Lucy and your entire family.

Congratulations, Ben!

We love you and are so proud of you.

Love,

Mom, Dad, Nate, & Loki

Congratulations, Neve!!!

Today is your day!
Your mountain is waiting.
So...get on your way!

We love you, Bucko!!!

Dad, Michelle, Jack & Ryan,
Mama, Papa, John & Tara,
Alta, Emme & Lexi
XOXO

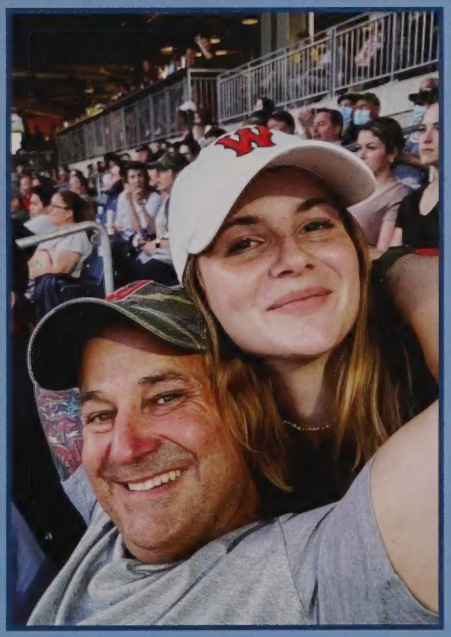
Congratulations Dean!

High School is over! Keep going and moving forward onto many more successes. Stay daring and amazing!
Love, Your Proud Family

Congratulations Abby!

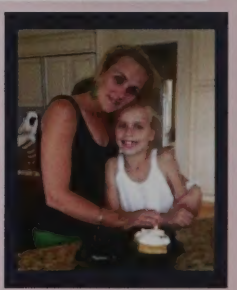
We are so proud of you and love you so much! Can not wait to see what the future holds for you.
Love Mom, Jacqueline, Tyler, Logan and Michael

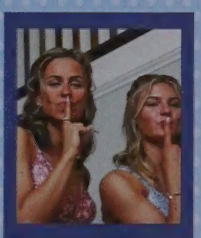
Courtney Lynn Houde



I am the luckiest Dad there is to have you for a daughter. You are the kindest hearted, smartest, most loving and beautiful person. You make me proud every day and I am so excited for you to graduate and find your path. I love you baby girl.

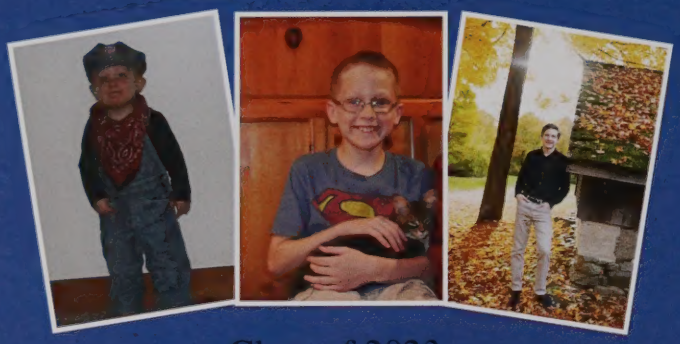
Dear Ava Elizabeth,
It seems like yesterday that it was your first day of Kindergarten and here we are at your graduation from High School. Nothing rings more true today than the words, " The days are long but the years are short." We have all enjoyed watching you grow into the beautiful, kind young lady you are today. We cannot wait to see what your future holds. We are all so proud of you as are the ones who have watched you grow from afar. It has been our privilege to have you as our daughter and sister.
With Love always,
Dad, Mom, Remy, Ryan, Luke,
Bear and Beau





A friend is one that knows you as you are,
understands where you have been,
accepts what you have become
and still gently allows you to grow
William Shakespeare

Congratulations, Declan!



Class of 2023

We love you! M, P, L, & O

Congratulations, Max! We are so proud of you!!

All of your hard work has paid off. We are so excited to see what your future holds. The best part of your life is ahead of you- go have fun!!

We love you so much! Love, Mom, Dad, Addie & Liam

Brian Alexander

Wow! How did we get here?? You have grown into a smart, kind, handsome and all around amazing human being!
We are so proud of you and love you so much!
You are slated to do great things in this life regardless of where that takes you.
Here's to the next chapter - UMASS Amherst!!
Love, Mom, Dad, Sarah, Mike, Jonathan and Bo

CONGRATULATIONS ALLIE!
We are so very proud of you. You bring joy and beauty to this world and we can't wait to see what is next. You do you, girl!

May your joys be as deep as the oceans
Your troubles as light as its foam
And may you find sweet peace of mind
Wherever you may roam
Irish blessing

We love you Allie!
Mom, Dad, and Zack
and Mookie too
xxoo :)

"The future belongs to those who believe in the beauty of their dreams"
Franklin D. Roosevelt

Sheilagh Anne,

You have grown into a beautiful, strong, intelligent young woman and we are so proud of all your accomplishments. Aim for the stars and fulfill your dreams. Know you are loved and supported through every step of your bright future.

Congratulations! We Love You!!
Mom, Jay, Taylor, Murphy, & Evan

Congratulations, Maddy!

We are so proud of you and look forward to what your future brings. We are excited for your next adventure and are here cheering you on! Stay true to yourself, and continue to make people laugh.

Love Mom, Dad, Alex & Ginny

Congratulations, Zach

We are so proud of all that you have accomplished, but even prouder of the amazing person that you have become. Here's to success in your next chapter! We love you!

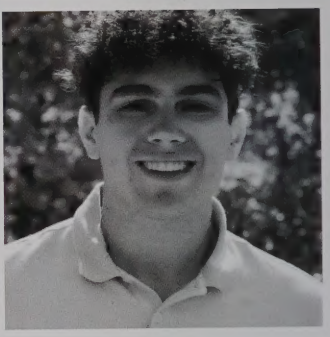
Mom, Dad, Sam, & Kate

Congratulations John!
We love you so much!
Love,
Mom, Dad and Christopher

Congratulations Thomas!

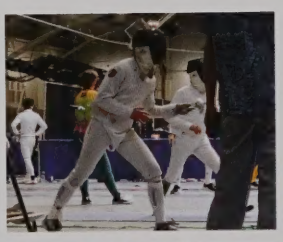
We are so very proud of you!

You are an amazing young man and I cannot wait to see where you go from here!



Congratulations Owen!

We are so excited to see you set off on new adventures. You have amazed us all from day one with your generosity, strong character, curiosity, work ethic and sense of humor. Go explore the world, take risks without fearing failure, find your passion, and learn what truly makes you happy. We will always be here for you.
Love, Mom, Dad and Callum



CONGRATULATIONS

NINA!

We are so proud of all you have accomplished and of the amazing young woman you have become! Looking forward to all the exciting things that await in your future!

Love,
Mom, Dad, Jack and Sugar

Congratulations Henry!!

...you're off to great places! Today is your day! Your mountain is waiting. So...*get on your way!*

Dr. Seuss

You are awesome.
Love, Mom

Bella

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."
- Dr. Seuss

We'll always think of you as our little girl, even as you grow into a beautiful and strong woman right before our eyes.
We are so proud of you!

Congratulations, Justin!

We are so proud of you and all you have accomplished! You have the brightest future ahead of you and we are so excited for your next chapter. The best is yet to come!

Love,
Mom, Dad, Evan & Olivia

Will,
We are proud of the kindness and respect you show to others. You are an amazing son and brother.

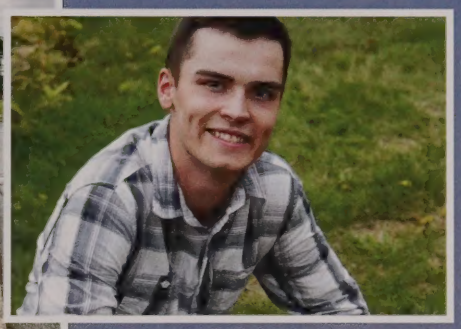
Congratulations! We love you.

Mom, Dad and Avery

Jaime

Wishing you the **strength** to face challenges with **confidence** along with the **wisdom** to choose your battles carefully. Hoping you find **adventure** on your journey and may you always stop to **help** someone along the way. **Listen** to your heart and **take risks** carefully. Find your **passion** and **live it**. Keep your light **shining brightly** for yourself and for others. Never forget how much you are **loved**. Be **proud** of yourself.

We are proud of you.
Love, mom,
dad, Derek, Jordan
& Blu

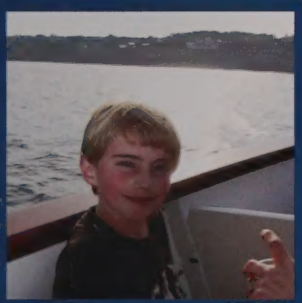


Congratulations AJ! We're so proud of you for all that you've accomplished! We know that you'll do great in your next chapter of life! We love you! Love, Mom, Dad & Kaitlyn

Congratulations Drew Gray!

We are so proud of you for all you have accomplished and can't wait to see what lies ahead!

Love always, Mom, Dad and Matt



Good Luck Amelia!
Love Mom, Dad, Mariah & Theo

A-DOG OUT!

It seems like just yesterday that you were a three-year old little boy starting preschool...now you're a confident young man graduating high school and heading off to college. It's been a joy to watch you grow and achieve so much. Hope you know how proud we are and how much we love you. Work hard and the possibilities are endless...you got this Nicholas!

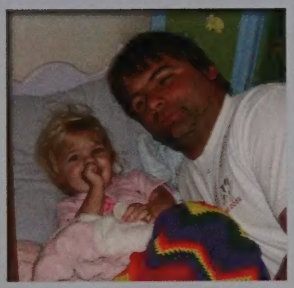
All Our Love - Mom and Dad

Congratulations to the Class of 2023!

Amy & Erin,

You continually amaze us with your hard work and determination. We are so incredibly proud of you both. Congratulations on your high school graduation and best wishes for continued success in college and beyond.

Love, Mom, Dad & Tyler



Those we love don't go away,
they walk beside us every day,
Unseen, unheard,
but always near.
You will always be Daddy's Nina!
He is so proud of you today and
everyday. Congrats Nina !

TOGETHER 4{ever}

Congratulations Evan!

We are so proud of you and all you have accomplished! Here's to your amazing future!

Love, Mom, Dad, Reed & Eliza

Hannah,

We are all so proud if you! Always remember that you are braver and stronger than you think and loved more than you will ever know!

Love,

Mom, Dad and Connor

Lindsey, watching you grow up has been one of our greatest gifts. We have truly enjoyed every moment.

You are smart, funny, inquisitive, kind, sensitive, and beautiful, both inside and out. Always remember how proud we are of you, and how much you are loved.

Mom, Dad, Emily and PJ. ILYMTYLMEOCP

Isabella...the greatest smile in the world

"Dolly", even when we're apart, know you're loved and we're proud of you!

Jenna, proud is an understatement!

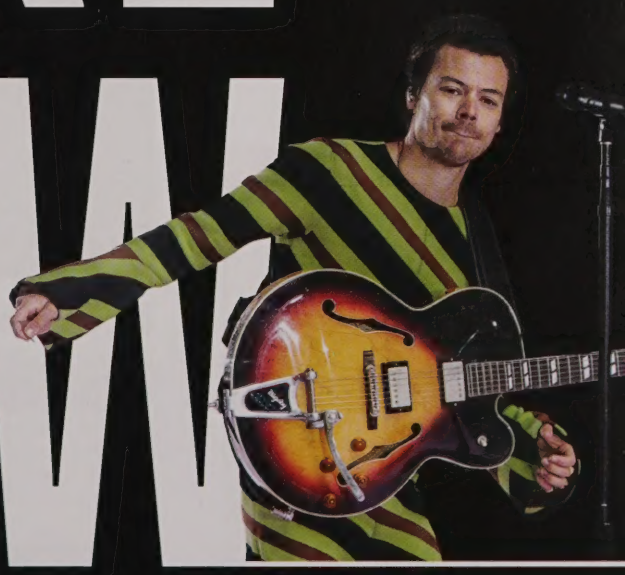
Thank you for your constant example of hard work, determination, perseverance and dedication, proving people wrong and yourself right. You are an inspiration for all who meet you. Your journey will be an incredible one.

Love forever, always and no matter what.

~ Mom Dad Karrington & Jake

2022 - 2023

YEAR IN REVIEW



Walsworth yearbooks

YEAR IN REVIEW

NEWS & TRENDS

MICROTRENDS

#SHEINHAUL
Low-cost fast-fashion company SHEIN makes microtrends accessible to many.

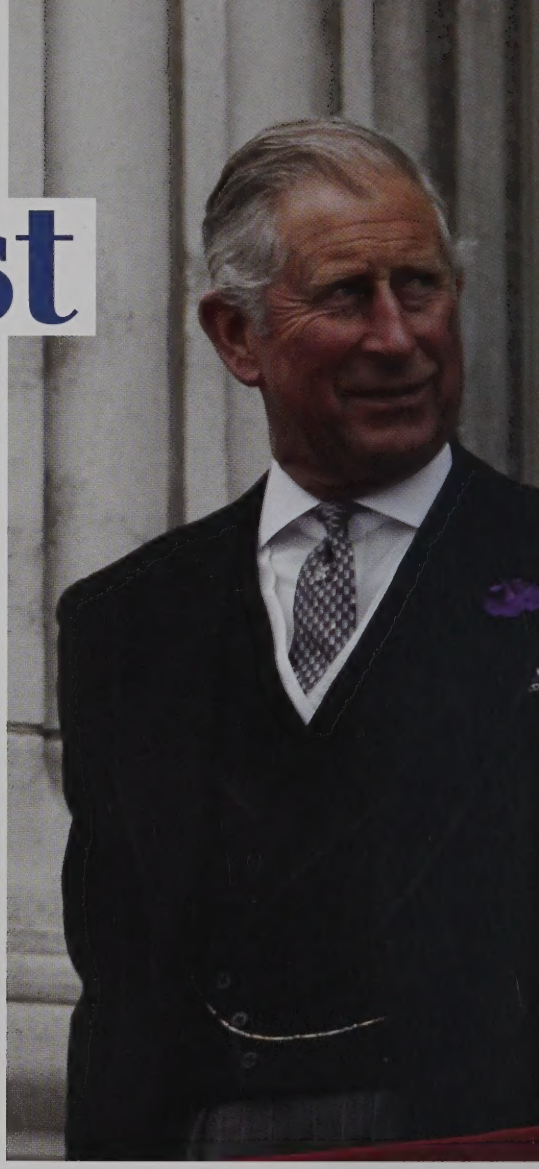
CHEUGY
The rapid cycling through trends spawns a new word: cheugy. It described someone who is out of date or trying too hard.

BEREAL
The "anti-Instagram" social media app BeReal encourages users to post more authentic snapshots of their lives.

BARBIECORE
Margot Robbie's portrayal of Barbie and Valentino's fall/winter collection feeds the Barbiecore aesthetic trend on TikTok with bright shades of pink, from neon to bubblegum. Photo credit: Newscom

the longest reign

Thousands of mourners line the Long Walk to watch the coffin of Queen Elizabeth II as it arrives at Windsor Castle. Britain's longest-reigning monarch died Sept. 8 at the age of 96 after 70 years on the throne. Her oldest son became monarch upon her death and assumed the title of King Charles III, while his oldest son and heir, Prince William, was granted the Prince of Wales title. Photo credits: Newscom



BYE, BYE BIRDIE
A phone displays the Twitter account of billionaire Elon Musk and his tweets from Nov. 15. He was already the CEO of Tesla and SpaceX when he became sole owner of Twitter for $44 billion, and plunging stocks caused him to lose his rank as the world's richest man. Upon taking over the social media platform, Musk made a series of controversial decisions, including mass layoffs, implementation and then de-implementation of the Twitter Blue account verification program, and asking remaining employees to commit to working "long hours at high intensity" or leave the company. Photo credits: Newscom

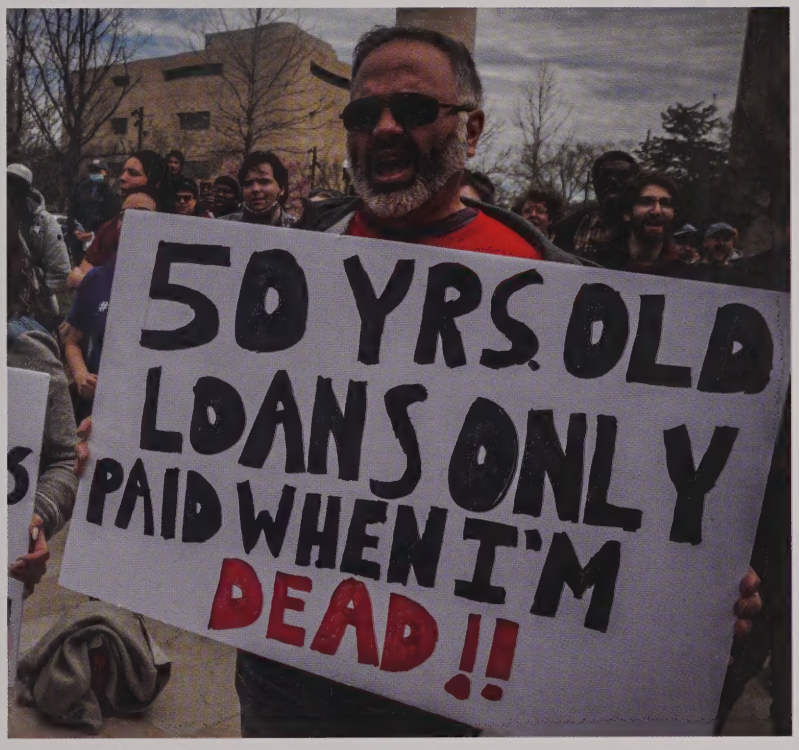
PAY UP

Protesters rally outside the Department of Education, calling on President Joe Biden to abolish all student loan debt. Their demands were partially answered in August, when Biden signed an executive order forgiving up to $20,000 of debt for millions of Americans. The legislation was quickly challenged in court, with opponents claiming the president didn't have the authority to carry out the order. Photo credit: Newscom

ICYMI Biggest Self-Care Trends on TikTok

1. Affirmations – 9.2 billion views
2. Journaling – 5.4 billion views
3. Meditation – 4.3 billion views
4. Gratitude – 1.3 billion views
5. Breathwork – 363.5 million views
6. Aromatherapy – 352.4 million views
7. Sound healing – 315.2 million views

Source: Beauty Daily by Clarins UK



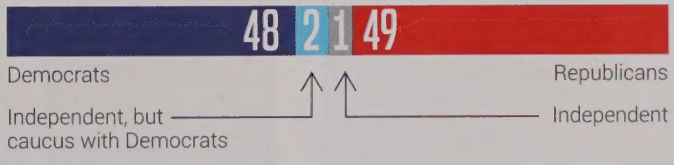
BRITTNEY'S BACK

WNBA star Brittney Griner steps onto American soil for the first time in 10 months. The two-time Olympic gold medalist was detained on drug charges when she flew to Russia to play in the off-season. Despite international calls for her release, Griner was convicted and sent to a penal colony to serve her nine-year sentence, but returned to the U.S. in December as part of a prisoner swap with Russia. Photo credit: Miguel Negron/U.S. Army

ELECTION YEAR

The makeup of the U.S. Senate and House of Representatives changes following the Nov. 8 election. Control of the House flipped to Republicans and the Senate remained in the hands of Democrats. The vote for Speaker of the House was notable because it took four days and 15 rounds of voting to elect Kevin McCarthy, the most rounds since 1859 and the first time since 1923 it took more than one vote.

SENATE



HOUSE

Photo credit: Stephanie Streicher

YEAR IN REVIEW

NEWS & TRENDS

SERVING JUSTICE

Ketanji Brown Jackson becomes an associate justice for the United States Supreme Court, replacing retiring justice Stephen Breyer. Justice Jackson was nominated by President Joe Biden after Breyer announced his plans to step down. She was the first Black woman to serve on the nation's highest court.
Photo credit: Newscom

SKY HIGH

A shopper compares the price of groceries at a supermarket. Rising inflation caused the costs of goods and services to rise — particularly the cost of groceries and energy. Consumers managed by buying less, switching away from name brands, driving less and some turned to food banks for help.
Photo credit: Newscom

WORDS OF THE YEAR

GASLIGHTING

Merriam Webster
GASLIGHTING (VERB): to psychologically manipulate (a person) usually over an extended period of time so that the victim questions the validity of their own thoughts, perception of reality, or memories and experiences confusion, loss of confidence and self-esteem, and doubts concerning their own emotional or mental stability

GOBLIN MODE

Oxford
GOBLIN MODE (SLANG): a type of behavior which is unapologetically self-indulgent, lazy, slovenly or greedy, typically in a way that rejects social norms or expectations

DUTY TO SERVE

K-Pop superstar group BTS takes a two year hiatus as the members enlist in the military. South Korea required all able-bodied men to complete a mandatory 18 months of service. As the oldest member, 30-year-old Jin was the first to complete basic training. Photo credit: Newscom

the cost of war

Ukraine's President Volodymyr Zelenskyy attends a candlelight vigil at the "UA: Human Rights in Dark Times" international conference in Kyiv. Russia's attack on the Eastern European nation continued, creating long-lasting and long-reaching effects. Countries that had previously received much of their grain from Ukraine faced food shortages, while others faced rising fertilizer and fuel prices or shortages. Photo credits: Newscom

ALL THE HARRY DETAILS

The world gets an intimate look into the life of Prince Harry and Meghan Markle, the Duke and Duchess of Sussex, through Prince Harry's memoir *Spare* and their Netflix series "Harry & Meghan." The man fifth in line to the British throne detailed his strained family relationships, military career and decision to step away from royal life with shocking revelations. Buckingham Palace did not offer any public response, which left many wondering if Prince Harry would be invited to his father King Charles' coronation. Photo credit: Jordan Andrews

A CALL FOR HELP

A young woman uses her phone in a promo for the new 988 Suicide & Crisis Lifeline. The FCC replaced the old 10-digit number with easy-to-remember 988. The service was made available nationally with text, call and chat functions. Photo credit: FCC

YEAR IN REVIEW

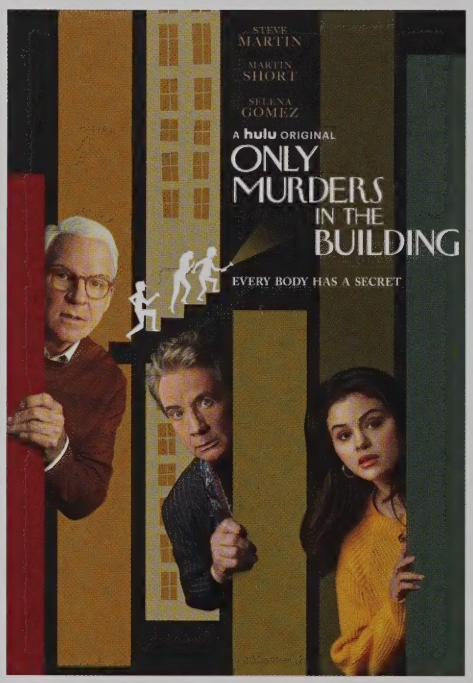
ENTER-TAINMENT

PLAY IT AGAIN

Lizzo plays President James Madison's 1813 crystal flute in the flute vault at the Library of Congress. The Grammy-winning pop artist and classically trained flutist was invited to tour the flute collection, which is the largest in the U.S. Later that evening, Lizzo briefly played the 200-year-old crystal flute on stage at her concert in Washington, D.C. Photo credit: Shawn Miller/Library of Congress

ONLY STARS IN THE BUILDING

Teasers emerge for season 3 of "Only Murders in the Building" as A-listers Meryl Streep and Paul Rudd sign on to join Selena Gomez, Steve Martin and Martin Short. The podcasting trio found themselves suspects in the death of another Arconia resident in season 2. The show and its three stars landed Golden Globe nominations for their work. Photo credit: Newscom



WEDNESDAY'S CHILD

Wednesday Addams, portrayed by Jenna Ortega, works to solve a mystery at her private school with her handy assistant, Thing. The Tim Burton-directed series "Wednesday" broke the Netflix record for most-watched English-language show in its first week with 341 million viewing hours. Ortega choreographed a dance scene shown in episode four, which quickly became an internet sensation and was replicated in many TikTok videos. Photo credit: Newscom

POPULAR ARTISTS OF THE YEAR

BAD BUNNY
BEYONCÉ
BLACKPINK
BTS
CAMILA CABELLO
DUA LIPA
GLASS ANIMALS
HARRY STYLES
JACK HARLOW
KENDRICK LAMAR
LIZZO
LUKE COMBS
MACHINE GUN KELLY
MILEY CYRUS
STEVE LACY
SZA
TAYLOR SWIFT
ZACH BRYAN

Photo credits: Newscom

CRUISING TO SUCCESS

Captain Pete "Maverick" Mitchell, portrayed by Tom Cruise, celebrates in *Top Gun: Maverick*. The sequel to the 1986 *Top Gun* film saw many of the original actors, including Cruise, return to their original roles. The action film was well-received and earned more than $1.4 billion worldwide. Photo credit: Newscom

QUEEN OF EVERYTHING

Beyoncé performs at the Glastonbury Music Festival. Queen Bey set the Beyhive to buzzing when she released *Renaissance*, her first full-length solo album since 2016. Beyoncé won four categories at the 2023 Grammy Awards, making her the most-winning artist in history with 32 total awards.
Photo credit: Newscom

ICYMI

The cost and options for streaming services per month

Netflix
$6.99-$19.99

Hulu
$7.99-$14.99

Disney+
$7.99-$10.99

Amazon Prime Video
$8.99

As of January 2023

siren song

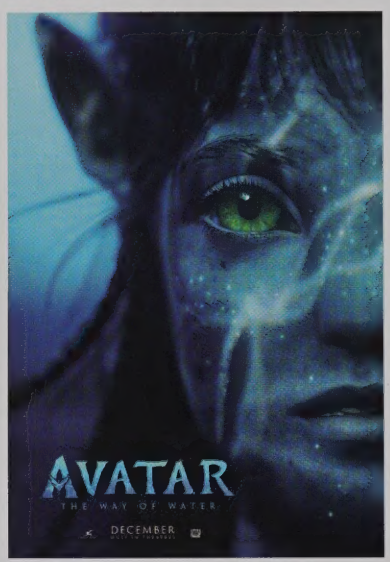
Max Mayfield, portrayed by actor Sadie Sink, looks for the source of a paranormal sound in season 4 of the hit Netflix show "Stranger Things." The show was so influential that the character's favorite song – which plays an important role in the season's plot – jumped to number three in the U.S. Billboard Top 100. What made this remarkable was that "Running Up that Hill" by Kate Bush was released in 1985, but only rose to number 30 at the time it debuted 36 years earlier.
Photo credit: Newscom

YEAR IN REVIEW

ENTER-TAINMENT

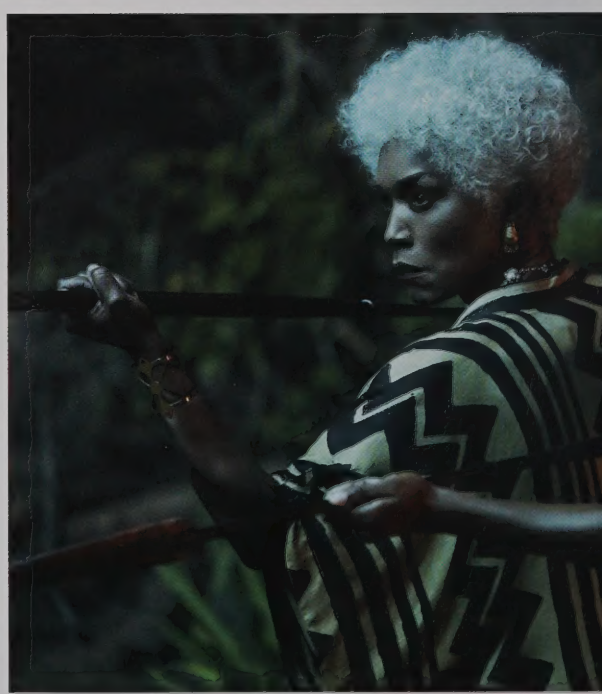
a saturated sequel

The Na'vi must flee the forests to join the underwater clans as human colonizers invade Pandora in *Avatar: The Way of Water*. The sequel to 2009's *Avatar* became one of the top 10 highest-grossing films of all time within a month of its release. Part of the reason for the 13-year delay between movies was the wait for technology that would allow director James Cameron to film motion capture scenes underwater. Photo credits: Newscom



THE EX-FACTOR

Better-off-without-their-ex themed songs top the charts with "Flowers" by Miley Cyrus – shown here with then-husband and likely inspiration for the hit, Liam Hemsworth – breaking records. Cyrus dropped "Flowers" on Hemsworth's birthday, and the single broke Spotify's record for one-week streams. Hit songs like Shakira's "Out of Your League" and SZA's "Kill Bill" also capitalized on breakups. Photo credit: Newscom



A SWIFT RISE TO THE TOP

Taylor Swift shows off the trophies from her wins at the 2022 American Music Awards. The pop artist broke records when she became the first person to hold all of the top 10 spots on Billboard's Hot 100 Chart at the same time after the release of her new album, *Midnights*. Presale tickets for her 2023 *Eras* concert tour went on sale Nov. 15, and the volume of would-be buyers, plus fans not qualified for the presale and bots used by scalpers, crashed the site. Photo credit: Newscom

MARVEL AT IT ALL

Ramonda and Shuri, played by Angela Bassett and Letitia Wright, defend their home in *Black Panther: Wakanda Forever*. The Marvel Cinematic Universe closed out Phase Four of its years-long release schedule on a high note. *Thor: Love and Thunder* and *Doctor Strange and the Multiverse of Madness* joined *Black Panther* as some of the highest-grossing films of the year, and series like *Moon Knight* received positive reviews. Photo credits: Newscom

ARE YOU STILL WATCHING?

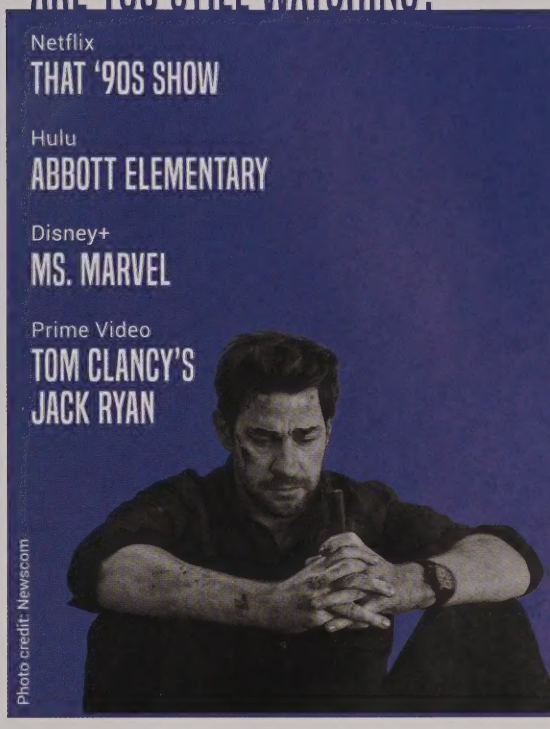


Photo credit: Newscom

POPULAR BOOKS OF THE YEAR

Anatomy: A Love Story
Dana Schwartz

Loveless
Alice Oseman

I Kissed Shara Wheeler
Casey McQuiston

Family of Liars
E. Lockhart Verity

It Ends with Us
Colleen Hoover

A Court of Thorns and Roses
Sarah J. Maas

Project Hail Mary
Andy Weir

The House in the Cerulean Sea
T.J. Klune

The Summer I Turned Pretty
Jenny Han

The Final Gambit
Jennifer Lynn Barnes

One of Us is Lying
Karen M. McManus

Source: Goodreads
Photo credits: Stephanie Streicher

YEAR IN REVIEW

SPORTS

THERE GOES THE GOAT

Serena Williams reacts to winning her first match of the 2022 U.S. Open. This was expected to be the 40-year-old champion's final tournament after announcing she planned to "evolve away from tennis." Williams made her professional tennis debut in 1995, and career highlights included 39 Grand Slam titles and four Olympic gold medals. Photo credit: Newscom

IMPORTANCE OF CPR

Following the on-field collapse of NFL football player Damar Hamlin, the American Heart Association reported a 620% increase in page views on its CPR pages. According to the CDC, follow the below steps if you see someone in cardiac arrest:

1. Call 911 right away.
2. Give CPR. Push down hard and fast in the center of the chest at a rate of 100 to 120 pushes a minute. Let the chest come back up to its normal position after each push. The American Heart Association recommends timing your pushes to the beat of the song "Stayin' Alive."
3. Continue giving CPR until medical professionals arrive or until a person with formal CPR training can take over. Photo credit: Alex Streicher

LOVE FOR DAMAR

Buffalo Bills quarterback Josh Allen and offensive tackle Ryan Bates watch as emergency medical personnel tend to teammate Damar Hamlin. The 24-year-old safety suffered a cardiac arrest and collapsed on the field during the Jan. 2 game against the Cincinnati Bengals. Fans showed their support by donating to a GoFundMe Hamlin had previously created to buy toys for kids in need, donating $8.6 million as he recovered in the hospital. Photo credits: Newscom

MEDAL OF FREEDOM

President Joe Biden presents the Medal of Freedom to gymnast Simone Biles. U.S. Soccer star Megan Rapinoe was also among the 17 people honored with the award in 2022. They were the fifth and sixth female athletes to receive the nation's highest civilian honor. Photo credit: Adam Schultz/The White House

FIFA WORLD CUP

1st
Qatar 2022 was the first-ever FIFA World Cup to be held during the Northern Hemisphere winter months, opposed to the traditional summer competition.

4 million
fans gathered in Buenos Aires to celebrate Argentina's World Cup-winning team.

19.9 million
viewers tuned in to watch the Black Friday match between the United States and England.

kick up your heels

Forward Tim Weah and defender Antonee Robinson celebrate Team USA's first goal in their first match of the FIFA 2022 World Cup in Doha, Qatar. During and leading up to the World Cup, critics called for a boycott, citing concerns about corruption and human rights abuses in host country Qatar. Argentina won the tournament, beating out France 4-2 on penalty kicks in an exhilarating final match. Photo credits: Newscom

YEAR IN REVIEW

SPORTS

bowled over

Chiefs tight end Travis Kelce celebrates his team's 38-35 Super Bowl win with his brother, Philadelphia Eagles center Jason Kelce. Super Bowl LVII was the first NFL championship where two brothers played on opposing teams, as well as the first time two Black quarterbacks faced each other. Chiefs quarterback Patrick Mahomes was named MVP, and Rihanna performed the halftime show, surprising viewers when she revealed a baby bump.

Photo credits: Newscom

ICE, ICE BABY

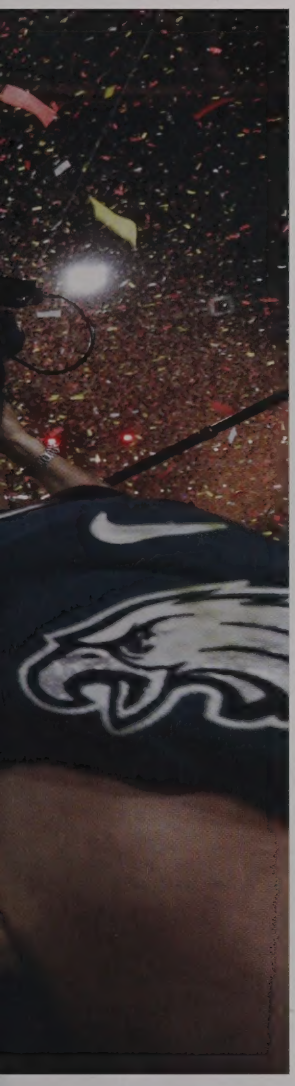
Ilia Malinin competes in December's Grand Prix Final figure skating competition in Italy. Malinin was 17 when he became the first person to land a quadruple axel in competition at the U.S. Classic in September. He attempted the most ambitious routine in history at the U.S. Championships in January and won gold for his performance.

Photo credit: Newscom

AN ASTRO-NOMICAL WIN

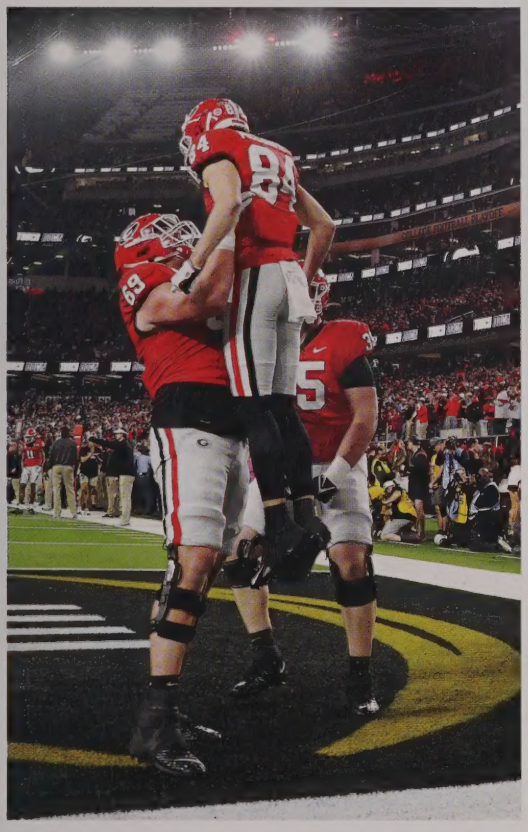
Cristian Javier of the Houston Astros pitches against the Philadelphia Phillies in Game 4 of the World Series. The Astros won 5-0 in what ended up being the first no-hitter in a World Series since 1956. They went on to clinch the series in game 6.

Photo credit: Newscom



WIN AND REPEAT

After a touchdown, Georgia offensive lineman Tate Ratledge lifts teammate Ladd McConkey into the air during the College Football National Championship Game on Jan. 9 in Inglewood, California. Georgia defeated TCU, 65-7, in a lopsided blowout to win its second straight national title. The Bulldogs were the first team to repeat as national champions in more than a decade. Photo credit: Newscom



GOODBYE FOR GOOD

Tampa Bay Buccaneers quarterback Tom Brady plans a pass in his final game with the NFL. Brady announced on social media in January that he was retiring "for good" after 23 years with the NFL. The 45-year-old previously retired in February of 2022 before un-retiring 40 days later, which many speculated was a factor in his divorce from supermodel Gisele Bündchen. Photo credit: Newscom

WOMEN IN PRIME TIME

Members of the Portland Thorns rush the pitch to celebrate their 2-0 win over the Kansas City Current at the National Women's Soccer League Championship. It was the first time an NWSL game was aired during prime time and the match drew a record-breaking television audience of 915,000. In another step forward for the popularity of women's sports, ABC announced plans to broadcast the 2023 championship game of the NCAA Division I women's basketball tournament in April. Photo credit: Newscom

THE NAME OF THE GAME

Dustin Johnson takes a shot on hole 3 during the semifinals of October's LIV Golf Invitational in Miami. LIV Golf was a controversial new league due to its source of funding: Saudi Arabia's Public Investment Fund. Saudi Arabia was accused of using "sportswashing" to distract the public from allegations of human rights violations. Photo credit: Newscom

THE NEW KING OF THE COURT

Los Angeles Lakers forward LeBron James shares an emotional moment with Kareem Abdul-Jabbar after breaking the NBA's all-time scoring record. James made his 38,388th point in the Feb. 7 game against the Oklahoma City Thunder. This broke the record set by Abdul-Jabbar in 1984. Photo credit: Newscom

YEAR IN REVIEW

SCIENCE, TECHNOLOGY & PLANET

LET IT FLOW

Tourists watch Hawaii's Mauna Loa and Kilauea volcanoes erupt in tandem for the first time since 1984. Fountains of lava as high as 200 feet tall burst from Mauna Loa on Nov. 28, just 21 miles from its smaller neighbor, Kilauea, which had been erupting for the previous year. The twin eruptions did not endanger local homes but worried officials when the flow crept close to roads and highways connecting the island. Photo credit: Janice Wei/National Park Service

to the moon &back

Launch director Charlie Blackwell-Thompson looks out to watch the Orion spacecraft as it's carried to the launch site. The spacecraft took off Nov. 16 on a path to circle the Moon and return to Earth. This was the first stage of NASA's Artemis program, which prepared the agency to send humans to the Moon again and eventually to Mars. Photo credits: NASA/Joel Kowsky

DISASTER STRIKES

Sept. 15 – The boil water notice order in Jackson, Mississippi, is lifted after extreme flooding damages the city's water treatment facility, leaving 150,000 residents without clean drinking water for weeks. Photo credit: Staff Sgt. Connie Jones/ U.S. Army National Guard

Sept. 28 – An animal services worker in Fort Myers Beach, Florida, transports a cat lost during Hurricane Ian back to its owner. The Category 4 storm caused at least 146 fatalities in Florida, just ten days after Puerto Rico suffered major damage from Hurricane Fiona. Photo credit: Newscom

Feb. 14 – Surrounded by the destruction from a 7.8 magnitude earthquake, Turkish residents await a hot meal at a food distribution point. The quake hit Turkey and Syria Feb. 6, killing more than 47,000 people and leaving millions of people without permanent shelter. Photo credit: Newscom

LISTEN UP

A young woman rocks out to music through headphones, which experts say should be done with precautions in place. A study published in the journal *BMJ Global Health* revealed that listening with headphones at loud levels and attending loud venues like concerts is putting 1 billion young people at risk for hearing loss. Experts said hearing loss could be prevented by turning down the volume when wearing headphones and using ear protection at concerts. Photo credit: Shutterstock

A STAR IS BORN

One of the first images from NASA's James Webb Telescope shows the "Cosmic Cliffs" in stunning detail. Images of this star-forming region of the Carina Nebula were captured with infrared light that allowed Webb's cameras to see through cosmic dust and reveal never-before-seen areas of star birth. Although they looked somewhat like cliffs we'd see on Earth, these Cosmic Cliffs were made up of gas and space dust, with the tallest peaks stretching seven light years high. Photo credit: NASA/Space Telescope Science Institute

SHARE IT ON SOCIAL

Percentage of teens age 13-17 who say they post about these topics on social media:

43% Accomplishments

34% Family

25% Emotions and feelings

12% Dating life

11% Personal problems

10% Political beliefs

9% Religious beliefs

Source: Pew Research Center

YEAR IN REVIEW

SCIENCE, TECHNOLOGY & PLANET

GOOD NEWS

WILD TIGERS

The World Wildlife Foundation announces July 29 that the number of wild tigers in Nepal has nearly tripled.

BLUE WHALES

The Mediterranean Shipping Company, which is the world's largest shipping line, voluntarily changes its shipping routes to protect endangered blue whales.

MONARCH BUTTERFLIES

2022 Monarch butterfly population increases 35% compared to the previous year.
Photo credit: Stephanie Streicher

alarm in california

Teresa Vaughn clears mud from the yard of her Santa Barbara home. Massive flooding killed at least 17 people and caused massive damage across central and southern California in the first half of January. The previously drought-stricken state received rainfall amounts 400% to 600% above average. Photo credits: Newscom

OH-ZONE SHE DID IT

NASA finds continued improvement of the ozone layer over Antarctica. The U.N. announced that the ozone – a thin layer of gas that protects the earth from radiation – was on track to recover within about four decades. This success was attributed to the Montreal Protocol, which was adopted in 1987 and phased out the use of ozone-depleting chemicals like chlorofluorocarbons that had previously been widely used in aerosol cans and as refrigerants. Photo credits: Newscom

Javier Aponte Rodriguez • Jacob Arimento • Arav Arora • Jade Baker • Nicole Balzotti • Lindsey Barbella • Brian Beltrami • Sairaj Bhat • Sofia Black • Dean Blake • Hannah Bottego • Isabella Burba • Ella Byrne-Cabot • Monty Cadwallader • Evan Cherry • Sara Choumach • Kaylyn Cleary • Niall Copp • Chloe Corrow • Erin Coykendall • Mary Crowley • Madelyn Cusano • Emma Cvitkovich • Catherine Danforth • Gregory DeChane • Brady DeCoste • Alexander Delorenzo • Julia DiNoia • Aiden Doyle • Tyler Edwards • John Feltus • Kate Ferreira • Patrick Ferreira • Isabelle Field • Jack Fornicola • Joshua Friedman • Rachel Friedman • Mark Frisoli • Ryan Graf • Jordan Graham • Andrew Gray • Natalie Gukasova • Calista Gumuchian • Hannah Hoenshell • Courtney Houde • Timothy Jean • Benjamin Kane • Thomas Kazanjian • Jenna Kivlin • Aryan Kulkarni • Ayush Kulkarni • Luke Laferty • William Lizek • Connor MacNeil • Owen MacNeill • Justin Manno • Brian Marrese • Charles Martin • Neve Martin • Maeve McCabe • Katherine McDonagh • Lindsey McDonald • Kiera Miglani • Emily Mizzoni • Evan Montgomery • Okocha Nasky • Paul Neary • Jay Nordahl • Cameron Noyes • Shea O'Brien • Kaylin O'Meara • Elizabeth O'Neill • Connor Orton • Charly Painter • Abigail Pandolfo • Yaksh Patel • Ava Pittorino • Nikhil Pratapagiri • Nicholas Protasowicki • Amy Proulx • Erin Proulx • Declan Reidy • Nathan Richard • Amelia Rogers • Maya Ruel • Allison Ryan • Aidan Sakota • Dev Sappal • Prianka Sarathy • Nina Scaramucci • Sheilagh Senecal • Vedante Sharma • Madeline Shea • Zachary Slavinsky • Maxwell Smith • Simon Smith • Anthony St. Gelais • Timothy Sturtz • Jaime Sundberg • Maxime Thouy • Cadance Tracy • Zachary Tucker • Owen Valle • Henry Wengal • Heaven Whitener • John Woodward

Walsworth